REAL SIMPLE

LIFE MADE EASIER

The Game Changers Issue

50 people + 92 things that make our lives better

Kristen Bell stands up for what matters

Therapists Share Their Go-To Mantras. Ahhh.

How to Get Your Best Night's Sleep

MARCH 2023

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THE GAME CHANGERS ISSUE

march

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Photograph by Victor Protasio

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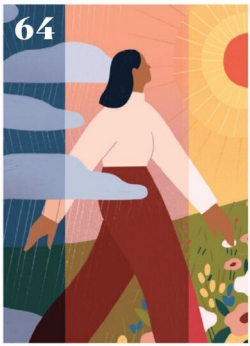

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Cover Photograph by Chrisean Rose

Styling by Jack Eustace

Hair by Matthew Collins

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Manicure by Jolene Broedeur

Set Design by Wanenmacher Studios

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EDITOR'S NOTE

Game Changers for the Win!

I LOVE THIS MAGAZINE. Since it launched, almost 23 years ago, it has stood out from the pack for its intense practicality and unabashed smartness—no pandering, no dumbing down, just genius ideas and advice to improve your life, packaged in a pretty, clean, calming design.

Someone else who's been a fan from the get-go? Our first-ever cover star, Kristen Bell, who started subscribing in college and never looked back. She's also, to me, quintessentially REAL SIMPLE—smart, funny, down to earth, and exceedingly capable. From her earliest days in the spotlight, she's been intentional and open, sharing her mental health struggles and trials as a parent (while fiercely protecting her children's privacy) and publicly supporting her husband through addiction recovery. She embodies the brand's ethos and the theme of this issue: game changers.

Why game changers? Well, I was a soccer player for 35 years, so I love a sports metaphor. (Sorry, not sorry.) And when we were figuring out how best to honor the things that make every day better and easier, and the people who strive to improve our lives in ways big and small, who work to level the playing field (see?) in the game of life (again!), it was game changers for the win. (Can't stop, won't stop.)

It's a departure for us, having a famous person on the cover and lots of profiles inside. Another departure: We're launching our first-ever digital issue along with this one—visit **realsimple.com/gamechangers** to see even more great content. We undertook these projects to inspire you, dear reader, because you are a game changer too. I've seen the research: You're a leave-it-better-than-you-found-it type, tidying the restroom for the next person, letting others merge ahead of you on the road, hitting that Donate button hard for charities you care about. You live sustainably—you'll put a compost bin on your kitchen counter and use the eco-friendly laundry powder *if it works*—and conduct yourself with kindness and consideration. These small actions we all take to be good humans are game changers as well.

I hope this issue encourages you to up your game even further. Because among the countless lessons I learned on the soccer field is this: You may be playing great. But you can always do better.

Lauren Iannotti
EDITOR IN CHIEF

The Short List

Some of my game changers: filmmaker Ava DuVernay, soccer icon and activist Abby Wambach, those Elkay bottle fillers at the airport, and "sleeping socks." What are yours? Find me on Instagram [@laureniannotti] and let me know!

STYLING BY LIZZY ROSENBERG; HAIR BY CLAY NIELSEN USING LEONOR GREYL; MAKEUP BY DEBORAH ALTIZIO FOR CREATIVE MANAGEMENT USING GLOSSIER; MAKEUP ASSISTED BY ALYSSA ZABAWA

Photograph by Felix Wong

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What invention would make your life way easier?

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"A teleportation device. I usually enjoy the journey when I'm going somewhere, but when it's time to head home, I want to snap my fingers and instantly be tucked into my bed."

"I'm still waiting on those flying cars. *The Jetsons* promised!"

"A machine that washes your face, removes your eye makeup, and puts on your toner, serum, and moisturizer for you. Hey, a girl can dream."

Lauren Iannotti
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Dotdash meredith

"3D-printed food so I don't have to worry about what's for dinner. Poof! Dinner done."

"An allergy-free food aisle in every grocery store. No more reading the teeny-tiny ingredient labels."

"How about a dog translator? Every night, my dog, Maggie, barks in the kitchen when I tell her no more treats. She clearly doesn't understand, or just refuses to believe me."

ILLUSTRATIONS BY CLARE OWEN

MARCH / GAME CHANGERS

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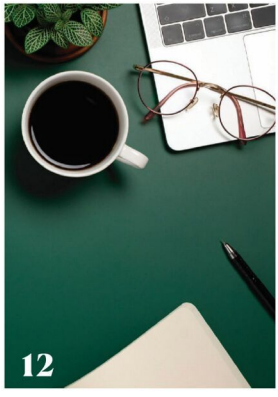

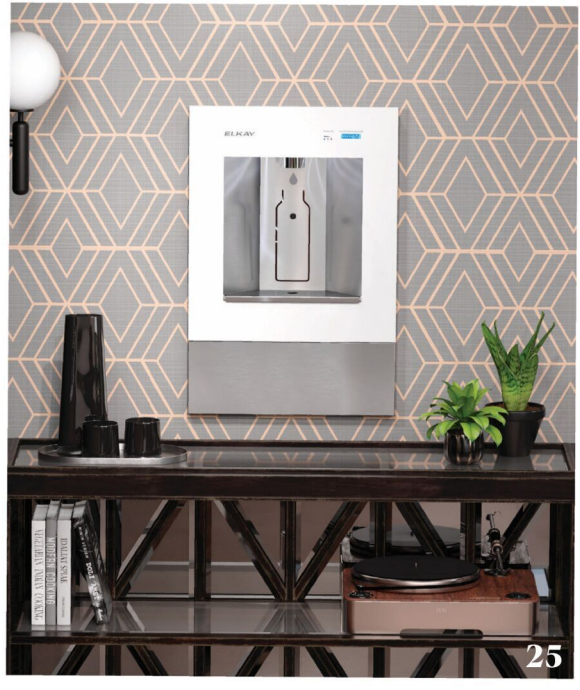

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Readers share their recent, real-life purchases that have been a total game changer

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The clever, water-delivery system solution that brings healthier hydration home

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THIS JUST IN
Find smart (and simple!) ways to stay hydrated with fresh-tasting filtered water

PRESENTED BY ELKAY

Contributors Look Who Helped Us Make Our Magazine

Kristin Wong

WRITER

Put down your 401(k) statement and turn to page 70 to find Kristin's story on how to handle your finances during a recession.

Favorite recipe:
Alison Roman's spiced chickpea stew with coconut and turmeric. It's so good.

What was the most surprising thing you learned during your reporting?
An expert I interviewed argued that sometimes the best thing you can do for your finances is not to think about money all the time. What a concept!

What inspires you?
Feeling in awe of something. Research claims it makes us feel happier and more connected to humanity. I agree!

Chrisean Rose

PHOTOGRAPHER

We asked the in-demand visionary, based in Atlanta and Los Angeles, to shoot our first-ever cover star.

What's your favorite tradition?
A celebration called Junkanoo. It's a vibrant Bahamian street parade the day after Christmas (Boxing Day) and on New Year's.

Plant you love most (because everyone has a fave):
I'm obsessed with split-leaf philodendrons, a.k.a. Swiss cheese plants. I even started buying the fake ones.

Currently reading:
I'm listening to the *Fire & Blood* audiobook—the novel the HBO show *House of the Dragon* is based on. The suspense was killing me, so I had to find out how the story ends while I wait for the show's next season.

Abbey Lossing

ILLUSTRATOR

Abbey created the artwork on pages 12, 64, and 66.

Describe the perfect sandwich.
Avocado, mozzarella, roasted red peppers, basil, and garlic butter on ciabatta bread.

Hidden talent:
I can tap-dance!

How do you unwind?
I start and end every day by walking my dog, Sunny, around my neighborhood in Austin, Texas. It's a great way to relax.

Ideal weekend plans:
Easy! Rock climbing at Milton Reimers Ranch Park, then swimming in the Pedernales River—my favorite low-key spots just west of my city.

Amy Maclin

FEATURES DIRECTOR

Sleep out of whack? Turns out snoozing is hard this time of year. Amy's story on page 51 will help you get more shut-eye.

Currently binge-watching:
I'm bingeing *Mad Men* for the fifth or sixth time. It's so layered and funny and sad and beautiful. It's my comfort show.

Childhood celebrity crush:
Simon Le Bon of Duran Duran. Sadly, it just wasn't meant to be.

Alternative career choice:
I'd be a therapist, or open a cat farm. Or be a therapist on a cat farm.

HEADSHOTS COURTESY OF SUBJECTS

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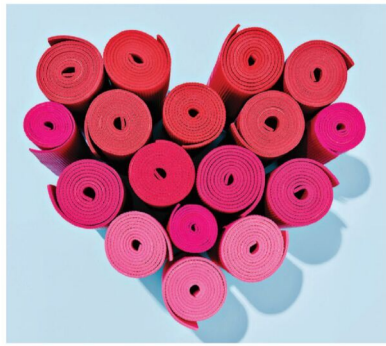

ON THE WEB

4 Workouts for a Healthy Heart

What's one of the best ways to protect your ticker? Exercise! What *kind* of exercise, you ask? Any kind! According to experts, the ideal workout is one you love, whether that's yoga, weight lifting, HIIT, or brisk walks. If you're not sure where to start, go to **realsimple.com/hearthealth** for some inspo.

IN YOUR HOME

9 Things to Purge with No Regrets

Let it go. Head over to **realsimple.com/declutter** to see our list of low-stakes items you can get rid of right now.

IN YOUR CART

The Best Robot Vacuums

Some robot vacs suck more than others. (Heh.) We scattered hair, cereal, and sand—then got to work testing 31 models. Our winners include a budget find, a super-quiet one, and more. Check them out at **realsimple.com/robotvacs.**

CLOCKWISE FROM TOP: COREY OLSEN; PRODUCT IMAGE COURTESY OF MANUFACTURER; TED CAVANAUGH

Breakfast with heart.
And hearts.

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*Three grams of soluble fiber daily from whole grain oat foods, like Cheerios™ and Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Original Cheerios cereal provides 1.5 gram per serving. Other Cheerios flavors have .75 grams per serving.

YOUR WORDS

What item has changed the game for you at home?

My HappyLight therapy lamp, which I sit in front of for 20 minutes every morning October through March. It chases away the winter blues. (Exercise also helps!)

@CALAMITYCHRISSY

Rice cooker, rice cooker, rice cooker! My medium-size one can make large quantities and small portions, and it even makes porridge. The best feature? It switches itself off—so I don't burn down the house—but still keeps the rice warm.

@GGAILYNCH80

I have a few to nominate: A **Roku player** for each TV in the house. The **NordicTrack treadmill** we bought during the pandemic. And a **steam shower** is on the wish list.

@SHAWNBURGER

Blackout curtains in the bedroom and a few other rooms—for sleep reasons, but also to keep the temperature down in the summer.

@_JENNIFER GREENE_

My **Kindle Paperwhite.** I love to read at night before going to sleep. I can turn the backlight way down (better for my eyes) and read in bed without disturbing my husband. It helps me sleep like a baby!

@MCBCMOM

My **Revlon hot air brush.** It straightens and dries my hair faster and better than anything else I've tried.

@ARJANNUSCH12

Illustration by Abbey Lossing

COURTESY OF LIZZIE FREILICH

READER OF THE MONTH

Rachel Balzano, 27

COMMUNICATIONS COORDINATOR FOR A LITERARY NONPROFIT
BROOKLYN, NEW YORK

Where is your happy place?
Curled up in bed with my dog!

The book you could read again and again:
Book Lovers by Emily Henry comes to mind. It's a literary romance with strong characters, and it doesn't use any of the classic tropes.

Most organized part of your life:
My customized Golden Coil planner! I got to choose the layout, quotes, and fun holidays to make it more "me."

Least organized part of your life:
My to-be-read pile. There are actually *several* book piles now. I can never decide what to read next!

What's always in your bag?
Red lipstick. Mine is the perfect shade—Gallop by ColourPop—and I believe it's impossible to cry while wearing red lipstick. It helps you be your best self.

Simplest part of your life:
My friendships. I've surrounded myself with good people who are always there for me.

NEXT QUESTION

What's your controversial cleaning opinion?

Send an email (and a photo, if you want!) to **yourwords@realsimple.com** and let us know your answer. Your response could appear in the magazine.

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My favorite part of my business is being able to take Mary Kay anywhere I go. No matter what season of life you're in, it's always there, and it just seems to fit.

RANDI GLEASON

I love the fact that Mary Kay gives every woman an opportunity to become a more confident person. I absolutely love that about this business.

BEVERLY DELPH

I am an assistant principal. Mary Kay fits my life because I can still be in education… have girlfriend time, build confidence and impact other women.

ALLISON HINES

Thanks to social media, I have met people from many different places. I love sharing how Mary Kay has given me an opportunity to grow.

ESTEFANI RUIZ RUIZ

It just feels so good to be able to give back and to know that one woman really can change the lives of so many people. And that woman could be me.

BRANDI BRIDGES-WHEELER

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CLEVER ITEMS

LITTLE HELPERS THAT CHANGE THE GAME

Featuring the trusted faves that REAL SIMPLE editors lean on to make life better and easier

PROP STYLING BY MARINA BEVILACQUA

Photographs by Ted Cavanaugh

FOOD

GREENS CLEANER

This roomy salad spinner is so much fun to use (pull a cord to make it go!), you might start eating a lot more veggies. Plus, the bowl is respectable enough to bring to the table. *Easy Spin Salad Spinner, $35; zyliss.com*

SMART SCISSORS

Like other kitchen shears, these can chop herbs, break down chicken, and trim meat. What makes them stand out: the blades, which pull apart for easy cleaning, and the built-in jar opener. *Kitchen Shears, $25; wusthof.com*

GREAT GRATER

There's a reason the name Microplane has become synonymous with grater. The stainless-steel teeth glide through citrus peels, hard cheeses, and even sticks of cinnamon. *Zester, $17.50; microplane.com*

MAGNETIC TRIVET

If you've ever carried a hot Dutch oven and realized you had no place to put it, this will speak to you. The wooden disk has magnets inside, so it sticks to the bottom of most pots and goes where you go. *Staub Trivet, $35; food52.com*

FISH SPATULA

Sure, it's ideal for delicate seafood. But thanks to its sharp edge and slim profile, this baby is also aces for moving cookies, flipping pancakes and grilled cheese, and lifting anything out of hot oil. *Fish Spatula, $18; williams-sonoma.com*

"I consider all of these to be as essential in the kitchen as good cookware and sharp knives."

JENNA HELWIG, FOOD DIRECTOR

TEMP TAKER

Nail medium-rare every time with this waterproof thermometer that provides a near-instant reading from any angle. It's incredibly accurate (give or take one degree!) and has a backlit display. *ThermoPop 2, $35; thermoworks.com*

CORDLESS BLENDER

Silky soups, smooth smoothies, velvety vinaigrettes: This powerful immersion blender does it all, without tethering you to an electrical outlet. The included attachments turn it into a mini food processor too. *Cordless Hand Blender, $100; kitchenaid.com*

FASHION

WRINKLE-FREE WORK SHIRT

A soft, stretchy, machine-washable button-up that needs no iron or steamer! The three-quarter sleeves are easy to cuff, and the oversize cut is comfy. *No Iron Stretch Shirt, $79.50; chicos.com*

CARRYALL TOTE

Fit your laptop, phone, wallet, water bottle, and other necessities in this deep leather bag. Then slide the long straps over your shoulder, or hold the short ones in your hand. *Tall Easy Tote, $248; cuyana.com*

DRESSY LEGGINGS

Show off what your mama gave you in these sculpting faux-leather leggings with endless positive reviews. Just size up so the waistband doesn't roll down. Speaking from experience. *Faux Leather Leggings, $98; spanx.com*

CURVE-LOVING DRESS

Like so many of Reformation's killer frocks, this midi one, made of lightweight silk, is a balance of demure and bodycon and celebrates your shape. *Cassis Silk Dress, $378; thereformation.com*

"I pair my Levi's with a T-shirt and oversize blazer to instantly feel confident and put together."

FLAVIA NUNEZ, FASHION EDITOR

CLASSIC DENIM

Levi's 501s, made with 100 percent cotton, conform to your shape as you wear and wash them, so no stretch needed. *501 Original Fit Women's Jeans, $98; levi.com*

SHAPE-SHIFTER BAG

This weekender actually starts as a garment bag. Hang your dresses, add your heels to the side pockets, then zip it into a duffel to pack sweaters and more. *The Garment Duffel, $98; halfdaytravel.com*

EVERYDAY T-SHIRT

Trade all your burned-out, gauzy tees for this nonsheer option. It comes in 20 pretty colors and feels way more luxe than it has a right to, considering the price. *U Crew Neck Short-Sleeve T-Shirt, $15; uniqlo.com*

PRODUCT IMAGES COURTESY OF MANUFACTURERS

TECH

TV IN DISGUISE

The original gallery TV remains our favorite. When you aren't streaming, you can set it to art mode and display the great works on a matte screen. *Frame, from $600; samsungusa.com*

RESTORATIVE ALARM

This bedside clock includes a library of guided meditations and sound effects, and the sunrise light gives your morning a boost. We know kids *and* adults who sleep like a baby with this thing. *Restore, $130; hatch.co*

CARD CARRIER

Streamline your purse (or ditch it altogether!) with this dynamic phone-protector and wallet duo. The slim leather case has a magnetic compartment to keep up to three credit cards hidden and secure. *Mod Phone Case + Wallet, $99; bellroy.com*

TINY TRACKER

Slide the disk onto your key ring, slip it into your luggage, or attach it to your bike. Then use your Find My app to track down your stuff. Imagine: *You* get to tell the *airline* your bags are in Boise, not the other way around. *AirTag, $29; apple.com*

PORTABLE PHONE CHARGER

Dead phone? Refuel with this nifty power bank. It magnetically attaches to your device, and the kickstand puts the screen on display while charging. *622 Magnetic Battery, $60; anker.com*

"I put an AirTag on my dog's collar. If she breaks free from her leash, I have a surefire way to find her."

ERICA FINAMORE, HOME DIRECTOR

CORD KEEPER

Bring order to a chaotic charging station by sticking the jumbled web of cords into this sleek box. It holds a power strip with up to seven outlets, so everyone's devices can charge at once. *Cable Management Box, $40; theyamakazihome.com*

DIGITAL DOOR LOCK

Save yourself the halfway-through-your-commute panic. This gadget is controlled by an app to let you lock the door remotely. You can also share and track entry codes wherever you are. *Assure Lock 2, $180; shopyalehome.com*

PETS

PICK OF THE LITTER

If your cat is prone to UTIs, this silica-gel-based litter is for you. Or rather, your cat. It changes color when it's tinkled on: Yellow means things are A-OK; blue means your cat might have an infection. *Pretty Litter, from $24 per month; prettylitter.com*

CALMING VEST

Like a weighted blanket for dogs, this machine-washable vest applies subtle pressure to help relax dogs during storms, travel, fireworks, and more. *ThunderShirt Classic Anxiety Vest, from $40; chewy.com*

SKIN-SOOTHING SHAMPOO

Splish, splash, Fido needs a bath! The avocado oil and probiotics in this formula will help keep him itch- and dandruff-free. Oh, and he'll smell nice and clean. *Probiotic Shampoo and Conditioner, $22; skoutshonor.com*

PET CAMERA

It's hard to leave pets at home, but this camera makes it easier. Connect to the app for real-time barking alerts and cute recordings. You can even have it dole out treats for being the best doggy in the whole wide world. *360° Dog Camera, $210; furbo.com*

"I would watch my dog watch paint dry, so I love using the pet cam for a dose of Millie while I'm at work."

LISA FREEDMAN, EXECUTIVE EDITOR

HANDS-FREE LEASH

Gotta carry stuff? No problem. You can still walk the dog with this seven-foot leash, which wraps across your body or around your waist. It also works as a regular leash when your hands are less full. *Biothane Hands-Free Multi-Function Leash, $35; woooflab.com*

DOG DISH

This elevated bowl is great for flat-faced breeds, like pugs, and keeps messy eaters from leaving crumbs everywhere. The removable silicone liner is dishwasher safe. *Fluff Trough & Silicone Insert Set, $45; flufftrough.com*

INFLATABLE COLLAR

No more cone of shame! This soft, inflatable version is just as good at preventing pets from going after rashes or wounds, but way comfier. *ZenPet ZenCollar Inflatable Dog Recovery Collar, $28; chewy.com*

PRODUCT IMAGES COURTESY OF MANUFACTURERS

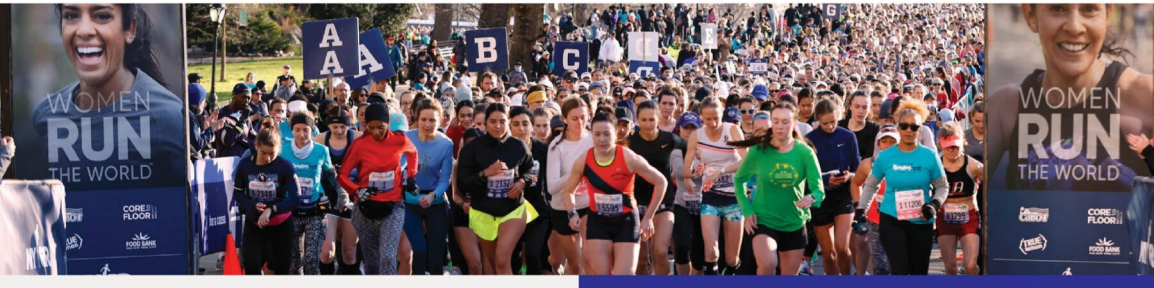
PROMOTION

SHAPE + health

Women's half

NEW YORK ROAD RUNNERS

REGISTER NOW! REGISTER



The largest all-women's half-marathon is better than ever!

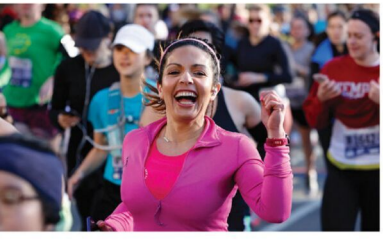
Sunday April 30, 2023
Central Park, NYC

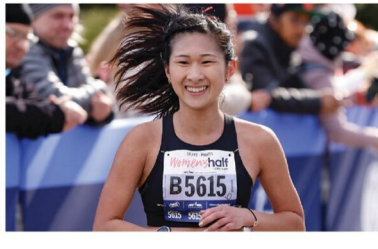
Sign up early, space is limited.

Celebrate your victory at the race day festival

Let loose with friends and family and enjoy a live band, free samples, fun activities, awards ceremony, exciting raffles **and more!**

Visit ShapeHealthHalf.com to register!





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NEW YORK ROAD RUNNERS

NYC Parks

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FOOD BANK FOR NEW YORK CITY

TRUE lemon.

BEAUTY

QUICK COVER-UP

This concealer, available in 35 shades, seamlessly hides dark circles and zits. It's creamy (not cakey), has a matte finish, and doesn't crease (yay for mango butter!). *Shape Tape Concealer, $31; tartecosmetics.com*

SKIN SCULPTOR

Think of this palm-size gadget as shapewear for your face. Smooth on the activator gel, then glide the device over your skin—a low-grade electric current temporarily tones and tightens facial muscles for a lifted look. *Mini+, $245; nuface.com*

AT-HOME FACIAL

When your skin starts acting out, this peel can get it back on track. A potent cocktail of acids sloughs away dead cells, brightens spots, clears pores, and softens the look of lines. *T.L.C. Sakari Babyfacial, from $28; drunkelephant.com*

LASH BOOSTER

Created by an ophthalmologist to help his wife feel better during her breast cancer treatment, this biotin-and-peptide-laced lash treatment makes longer, more luscious lashes a reality. *Advanced Eyelash Conditioner, $150; revitalash.com*

"I have given a bottle of that Drunk Elephant facial to almost every single person I know."

HEATHER MUIR MAFFEI, BEAUTY DIRECTOR

COOL BODY TOOL

Elevate your shower experience with this hypoallergenic and antimicrobial scrubber that softens skin. Bonus: The flat version sticks to the tiled wall. *Body Scrubber, $10; boieusa.com*

A+ APPLICATOR

Get a flawless foundation with this water-activated sponge. It's made of 60 percent sugarcane, so it's easy on both your face and the earth. *Bio Pure Makeup Sponge, $20; beautyblender.com*

HAIR REPAIR

If you dye or blow-dry often, this weekly 10-minute treatment will help restore your fried locks. How? A bond-building ingredient penetrates deep inside, leaving strands stronger and silkier. *No. 3 Hair Perfector, $30; olaplex.com*

PRODUCT IMAGES COURTESY OF MANUFACTURERS

HOME

UTENSIL ORGANIZER

A solve for narrow kitchen drawers, this four-inch-wide holder stacks a full set of flatware. Little icons tell you where everything lives. *DrawerStore Compact Cutlery Organiser, $12; us.josephjoseph.com*

BLUETOOTH LIGHTING

Download an app to turn these bulbs on and off, set a timer for them, dim them, or adjust their color for next-level mood lighting. *Hue Smart Bulbs, from $16; philips-hue.com*

NO-FAIL PLANTER

Plant killers, rejoice! Whether you over- or underwater (or a combo of both), there's hope. This container has a hidden reservoir—fill it once a month and watch your leafy decor thrive. *Marble Pothos, $39; easyplant.com*

COOL SHEETS

Banish night sweats with heat-regulating bedding. The high-tech and oh-so-cozy fabric adapts to your body to maintain optimal humidity and temperature levels. *True Temp Sheet Set, from $210; sleepnumber.com*

TRENDY WALLPAPER

There's lots of temporary wallpaper out there, but Chasing Paper was on the scene early and continues to boast quality stuff that stays put. *Peel & Stick Wallpaper, from $45 for a 2-by-4-ft. sheet; chasingpaper.com*

"My husband dims the bulbs late at night before bed and makes them super orange to eliminate blue light."

LESLIE CORONA, SENIOR HOME EDITOR

FLAWLESS FLOORING

You'd never guess this decking isn't real wood. Made with about 85 percent recycled materials (like plastic bags), it's mold resistant and splinter-free, and it can last up to 30 years. *TimberTech Composite Decking, from $10 per sq. ft.; timbertech.com*

DURABLE GLASSES

Thumb-size indents make these dishwasher-safe wine "glasses" (made of shatterproof plastic) super grippy and comfy to hold. If you happen to drop one, it's just the rug you have to worry about. *Red Wine Glasses, $13 for 2; govino.com*

PRODUCT IMAGES COURTESY OF MANUFACTURERS

Smart Solutions

Bring healthier hydration home with the Elkay ezH2O Liv®, the built-in filtered water dispenser that seamlessly fits right into the wall, anywhere in your home.

SMART HYDRATION

Could your hydration use a boost? The ezH2O Liv has an NSF-certified filter that reduces lead and other harmful contaminants to deliver purer, fresh-tasting water that's better for you and your family.

SMART FOR THE ENVIRONMENT

No more single-use plastic bottles that end up in waterways! Use your reusable bottle—and keep track of the number of disposable bottles you've saved every time you fill up.

SMART DESIGN

With its sleek glass front and brushed stainless steel accents, the stylish ezH2O Liv is designed to fit between two wall studs anywhere in your home that you want fresh, filtered water.

LEARN MORE AT ELKAY.COM ELKAY

The Books List Top Picks for Every Taste

BY KRISTYN KUSEK LEWIS

Coming-of-Age Tearjerker

Shelley Read's debut novel centers on Victoria Nash, a tough-as-nails teenager who runs the household on her family's peach farm in 1940s Colorado. She instantly connects with a young Native man passing through town, but when their relationship is brutally cut short, she's forced to escape to a small shack in the mountains. With gorgeous descriptions of the great outdoors, an illicit love story, and an unforgettable protagonist, ***Go as a River*** offers something for everyone.

Courageous Memoir

In the early 2000s, **Laura Cathcart Robbins** was a budding author, had two young kids, and was married to one of the most powerful men in Hollywood. She was also severely addicted to pills. When she decided to get sober, she couldn't find any "quit lit" books that reflected her experience as a Black woman. Her remarkably candid memoir, ***Stash: My Life in Hiding,*** fills that void, revealing how her race, self-image, and privilege influenced her addiction and eventual triumph over it.

Literary Thriller

In ***I Have Some Questions for You,*** the new novel by Pulitzer Prize and National Book Award finalist **Rebecca Makkai,** Bodie Kane is an accomplished film professor and podcaster who returns to her New England boarding school after 20-plus years to teach a two-week class. Once on campus, she can't stop thinking about the 1995 murder of a former classmate. Delving into the case and the (perhaps wrongful) conviction of the school's athletic trainer, she wonders if she actually knows something that could help solve the mystery.

Fun Page-Turner

When Sasha, a middle-class Rhode Islander, marries Cord Stockton, the only son of old-money New Yorkers, they move into the Brooklyn Heights brownstone where he was raised. She quickly discovers she can't change anything: not the furniture, not the ugly drapes, and—most of all—not her in-laws, who are contending with plenty of drama of their own. (Every single character bursts off the page. Seriously.) ***Pineapple Street*** by **Jenny Jackson** is just the right witty, entertaining story to usher in spring.

Historical Fiction

The House of Eve by **Sadeqa Johnson,** set in the 1950s, features two women whose lives are on vastly different trajectories. Eleanor is determined to succeed at Howard University in Washington, D.C., where she's fallen for a member of one of the city's elite Black families. Ruby is a brilliant 15-year-old in Philadelphia, desperate to escape her upbringing and become the first in her family to go to college. As both women navigate tough choices and sacrifices, their paths unexpectedly cross, making for a riveting and relatable read.

PROP STYLING BY MARINA BEVILACQUA

Photograph by Ted Cavanaugh

“I can laugh and be myself again,”
-Sinora
Boutique underwear. 8 oz of liquid.
always discreet
100% PROTECTION
360° FormFit™
XL
TG
MAXIMUM
15
UNDERWEAR | CULOTTES
always discreet Boutique
M
M
MAXIMUM
UNDERWEAR | CULOTTES
always discreet
The bladder leak underwear we deserve

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COLOR OF THE MONTH

A Bit of a Blue-Gray Area

Blue in interior design—groundbreaking, we know! But give us a sec here, because blue-gray is different. It provides a pop of color like its cooler-toned cousins, such as navy and cobalt, but its gray and green undertones add unexpected warmth. It's calming, peaceful, and downright stunning (especially with brass accents). At right, see our favorite ways to bring this beautiful hue into your space.

Get the Look

Crackle Glaze Ceramic Vase, $70; westelm.com Plot Small Planter, $250, and Not for Nothing Large Shelf, $395; bludot.com Modern Colored Wine Glasses, $74 for 4; food52.com Emerald Interior Latex Paint in Smoky Blue; sherwin-williams.com for info Porter Loveseat, $1,399; roveconcepts.com

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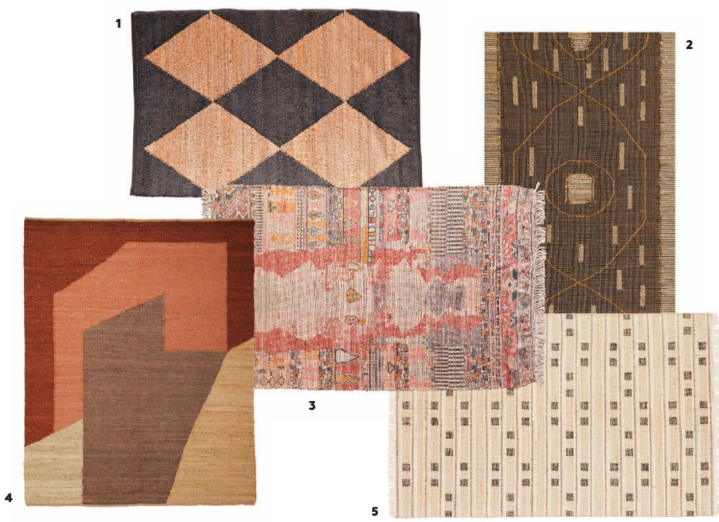
ON TREND

Jute Reboot

Natural-fiber rugs now come in all sorts of colors and graphic patterns.

1 *Vivian Woven Jute Rug, from $119; urbanoutfitters.com*
2 *Mathieu Rug, from $229; luluandgeorgia.com*
3 *Cordelia Rug, from $339; urbanoutfitters.com*
4 *Angled Modern Form Rug, from $299; westelm.com*
5 *Koodi Rug, from $695; dwr.com*



MISTAKES YOU DIDN'T KNOW YOU WERE MAKING

Interior Painting

Lisa Moon, professional painter and co-owner of Paper Moon Painting in central Texas, offers tips for brushing with greatness. Or rolling.

You're Not Taping Properly

"As you tape, press down firmly to help prevent paint from bleeding through," Moon says. Go inch by inch. Carefully remove the tape before your last coat has dried so the paint doesn't come off along with it.

You're Using Bad Brushes

A fact of life: A brush in the $20 range will give better results than one that costs less than $10. Moon says that's because the bristles tend to be softer, leaving fewer brushstrokes behind. Invest now and you won't pay the price later.

You Lack Direction

To avoid patchiness, consider your strokes. "When using a brush, make each pass in the same direction," Moon says. If you're using a roller, spread the paint in a W shape (down, up, down, up), then fill in the W with top-to-bottom strokes.

WEST VIRGINIA
No artificial anything.
Head for next-level adventure in the New River Gorge, America's newest national park. It's the hiking, biking, climbing and just-about-anything escape your spirit's been longing for.
WVTourism.com
almost heaven.
New River Gorge National Park & Preserve

HOT OFF THE PRESS

Cook These Books

Treat yourself (and your shelf) to these new food bibles, full of heartwarming stories, stunning photos, and, oh yeah, great ideas for dinner tonight.

BY JENNA HELWIG

Indian Flavor Every Day

You probably know Maya Kaimal from her excellent line of heat-and-eat Indian soups and simmer-sauce shortcuts. In her third cookbook, she shares how easy it is to get exciting scratch meals on your weeknight dinner table—using pantry staples and other simple ingredients. *$28; penguinrandomhouse.com*

Cooking for the Culture

Come for the Cajun smothered potatoes, Bloody Mary shrimp and grits, and 7UP cake. Stay for professional cook and philanthropist Toya Boudy's personal stories about growing up in the Big Easy, and her insightful reflections on Black culinary ingenuity. *$32.50; wwnorton.com*

My Vermont Table

Live the country life vicariously through Food Network star Gesine Bullock-Prado's new book—a love letter to her adopted state of Vermont. You'll find hyper-seasonal sweet and savory recipes, idyllic photos of the pastry genius's seven-acre property, and cheeky writing that just might make you laugh out loud. *$35; wwnorton.com*

EATING IN

Momofuku by You

The famed noodle house is now making meal kits. This is not a drill! It's also not something you should miss!

Dinner at Momofuku (the beloved ramen spot that started in N.Y.C. and has since expanded) is a guarantee of big flavor. Now you can easily re-create its iconic dishes at home. The restaurant has partnered with Good Eggs, a meal kit company, to box up quick-to-assemble dinners, like the ginger-scallion noodles at left. While other meal kits include premeasured ingredients, these also have some preprepped stuff (rice!) plus seasoned, cooked meat. And they're one-offs, so you don't need to subscribe. *From $34 per kit; goodeggsselect.com —J.H.*

PROP STYLING BY MARINA BEVILACQUA; MOMOFUKU KIT: COURTESY OF GOOD EGGS

Photograph by Ted Cavanaugh

TREND TO TRY

Pretty Powerful in Pink

Pantone was onto something when it chose its color of the year. Viva Magenta, a vibrant reddish pink that exudes strength, fearlessness, and joy, makes you feel like you can conquer the world—or at least a day full of Zoom meetings. And because it strikes the balance between warm and cool, it's one color that looks good on every skin tone. Shop these picks and prepare to be empowered.

1 *Lip Maximizer in 023 Shimmer Fuchsia, $40; dior.com* **2** *Kissen Lush Lipstick Crayon in Constance, $32; monikablunderbeauty.com* **3** *On-the-Glow Blush in Ruby, $18; pixibeauty.com* **4** *Matte Signature Liquid Dip Eyeliner in Burgundy, $11; lorealparis.com* **5** *Pillow Talk Lip & Cheek Glow in Colour of Passion, $40; charlottetilbury.com* **6** *Pat McGrath Labs MatteTrance Lipstick in Extravaganza, $39; sephora.com* **7** *Single Eyeshadow in Ishta, $19; narscosmetics.com* **8** *Essie Gel Couture in Chevron Trend, $13; at drugstores*

PROP STYLING BY SOPHIE LENG

Photograph by Ted Cavanaugh

NEXXUS®

SALON CRAFTED PROTEIN BLENDS

NEXXUS
SALON CRAFTED PROTEIN BLENDS
UNBREAKABLE CARE
ANTI-BREAKAGE SHAMPOO • SHAMPOOING ANTI-CASSURES
PROTEINFUSION
AVEC BIOTINE, KÉRATINE ET ACIDES AMINÉS DE COLLAGÈNE
400 mL e 13.6 US FL OZ
NEXXUS
SALON CRAFTED PROTEIN BLENDS
UNBREAKABLE CARE
THICKENING CONDITIONER • REVITALISANT ÉPAISSISSANT
PROTEINFUSION
AVEC BIOTINE, KÉRATINE ET ACIDES AMINÉS DE COLLAGÈNE
400 mL e 13.6 US FL OZ

GET STRONGER, FULLER, THICKER-LOOKING HAIR WITH UP TO 97% LESS BREAKAGE*

*VS. NON-CONDITIONING SHAMPOO

NEW UNBREAKABLE CARE

PROTEINFUSION BLEND WITH KERATIN, COLLAGEN AND BIOTIN.

WORTH THE SPLURGE

The Rain Slicker

Don't let stormy days get you down. With a relaxed A-line cut, this neat, minimalist jacket is made from 100 percent rubberized cotton pieces that are bonded together, meaning it's comfy, durable, and totally waterproof. And it's so cute, you just might find yourself hoping for showers in the forecast.

Stutterheim Mosebacke Rain Jacket, $325; pipeandrow.com

PROP STYLING BY SOPHIE LENG

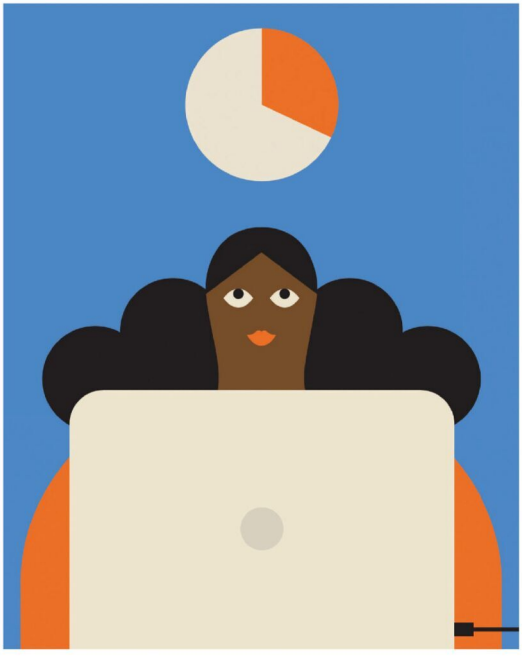
Photograph by Ted Cavanaugh

ARE YOU FEELING SLUGGISH AND WEIGHED DOWN?

take the
2 WEEK CHALLENGE
Sign up today at
Metamucil.com

Try the Metamucil 2 Week Challenge and feel what lighter feels like by promoting regularity*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



QUICK CLINIC

Got Dry Eyes?

Your computer setup (or lack thereof) could be responsible. If your eyes feel strained and your vision is blurred, you might have computer vision syndrome, says Adam Ramsey, an optometrist in Palm Beach Gardens, Florida. His suggestions to prevent it: Make sure you sit upright with your feet on the floor, and keep your screen at or beneath eye level (because looking up puts strain on the eyes). And follow the 20-20-20 rule. "Every 20 minutes, look at something 20 feet away for 20 seconds. This helps your eyes relax," he says. If symptoms persist, see your eye doc.

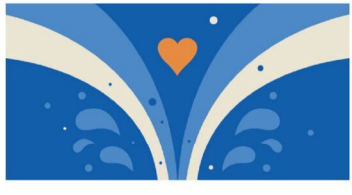
WHAT'S UP WITH...

Pandemic Periods

The last few years threw our schedules out of whack, right down to our menstrual cycles. In a study in the *Journal of Obstetrics & Gynecology*, more than half of women reported changes in period duration and flow between March 2020 and May 2021. The likely culprit: stress. (Yes, our old friend.) An increase in the stress hormone cortisol can trigger other hormonal changes that affect our levels of estrogen and progesterone, which may result in irregular months.

Still kinda off? Generally, shifts in your cycle due to life changes are normal and no cause for alarm, says Kiarra King, MD, an ob-gyn in Chicago. But if you suddenly bleed through period products, if cramps disrupt your life, or if you've missed three periods in a row, talk to your doctor.

53% **of women have had period changes during the pandemic.**



THIS JUST IN

Drink for Your Health

People who are well hydrated may develop fewer chronic conditions (such as heart and lung disease) and even live longer, according to a recent study from the National Institutes of Health. The amount you need varies according to your activity level, your health, and the climate you live in, but sip enough to not feel thirsty and you should be hitting the mark. Don't love H_2O? Try it filtered and chilled. Still not sold? Drop in some fruit and get a vitamin boost too!

Illustrations by Asia Pietrzyk

how to do things

IDEAS, DIYS & REALLY GOOD TIPS

DRINKING WITH JENNA

WHAT TO DRINK WHEN YOU'RE NOT DRINKING

If you're laying off the booze but find it a bit, er, dry to sip seltzer all night, these new nonalcoholic cans and bottles have you covered.

BY JENNA HELWIG

PROP STYLING BY MARINA BEVILACQUA

Photographs by Ted Cavanaugh

IT USED TO BE that if you wanted a nonalcoholic drink that still felt like a cocktail, your options were limited. Not so today. A huge selection of booze-free wine, beer, spirits, and premixed drinks has entered the chat, and consumers are here for it: Retail sales leaped more than 20 percent last year, to almost $400 million. That may be a drop in the ice bucket compared with total alcohol sales, but it's a stunning jump for a category that was almost nonexistent a few years ago. Back in 2021, Emily Heintz noticed the growing interest in drinking less and opened Sèchey, a retail store in Charleston, South Carolina, that sells an expansive selection of low- and no-alcohol drinks. "With so many new sophisticated, flavorful nonalcoholic options available—often in fun, swanky packaging—you don't have to feel left out if you choose to abstain for the evening, month, or foreseeable future," she says. Many of the new drinks are made from botanicals (as are traditional spirits). Some are fermented; others, truthfully, aren't that different from sodas. What they all have in common is an elevated, grown-up vibe. Among the myriad choices, there are hits and misses, so I went to Heintz's second spot, in New York City, to find the best. (You can shop them at sechey.com.) And I was still bright-eyed and bushy-tailed in the morning. Sip, sip, hooray!

GHIA LE SPRITZ GINGER
Canned and ready to drink, this refreshing replacement for a predinner cocktail has a gentle ginger flavor and a touch of bitterness to balance out the juice-based beverage's sweetness. Other ingredients include elderflower, orange peel extract, and fig concentrate, for a drink that tastes like you're at an Italian café. *$6 for an 8-oz. can; drinkghia.com for stores*

CURIOUS ELIXIRS CURIOUS NO. 7
This lightly carbonated mocktail is an easy-drinking riff on the French 77, a fresh and floral tipple made with Champagne, elderflower liqueur, and lemon. With juice from the chardonnay grape (just like some Champagne) and lemon, this fizzy sip gets additional depth from lavender, juniper, and green tea with jasmine. *$40 for 4 (12-oz.) cans; curiouselixirs.com*

RITUAL ZERO PROOF TEQUILA ALTERNATIVE
This is Heintz's best-selling bottle at her Charleston outpost. Peppery, grassy, and smoky like mezcal, it's a 1-to-1 replacement for tequila. Mix it into a mocktail (it makes for a great faux margarita!), or sip it on the rocks with a twist of lime. *$30 for a 750-ml bottle; ritualzeroproof.com*

AMETHYST BOTANICAL SPIRIT LEMON CUCUMBER SERRANO
Incredibly aromatic, this stuff is lemon-and-cucumber forward; the serrano is more of a background player. Pair it with tonic water for a fresh take on a G&T, or treat it as a stand-in for vodka in your favorite drink. *$30 for a 750-ml bottle; amethystnaspirits.com*

ST. AGRESTIS PHONY NEGRONI
As an avid negroni consumer, I can attest that this bottled beverage has a remarkably similar feel to the classic Campari, gin, and sweet vermouth cocktail. It's a little sweeter than the traditional, but it still has that delicious bitter bite. Serve it over ice with an orange twist and it'll feel like the real deal. *$60 for 12 (6.7-oz.) bottles; stagrestis.com*

STUDIO NULL SPARKLING VERDEJO
Unlike many zero-proof drinks, this is an honest-to-goodness sparkling wine that's had the alcohol distilled out. It's a teensy bit sweet, with a dry finish—a balanced, toasty drink that just might fool your cava-loving friends into thinking they're enjoying a traditional bubbly. *$36 for a 750-ml bottle; nullwines.com* ■

About Jenna

REAL SIMPLE's food director and the author of five cookbooks, Jenna is an enthusiastic eater, drinker, and home cook. Her go-to cocktail is a negroni, and her wine of choice is anything bubbly. Cheers!

ILLUSTRATION BY BABETH LAFON

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SWEET THING

JAMMY HAND PIES

A self-contained treat made with frozen fruit and store-bought dough? Meet your new go-to dessert.

BY ANNA THEOKTISTO

ACTIVE TIME **30 MINUTES**
TOTAL TIME **2 HOURS, 25 MINUTES**
MAKES **10 PIES**

- 1 16-oz. pkg. frozen strawberries
- ⅓ cup granulated sugar
- 1 Tbsp. fresh lemon juice
- 2 tsp. cornstarch
- All-purpose flour, for work surface
- 1 14.1-oz. pkg. refrigerated piecrusts (2 crusts)
- 1 large egg, beaten
- Turbinado sugar, for sprinkling
- Cooking spray
- 1 cup confectioners' sugar
- 1½ Tbsp. milk
- ½ tsp. pure vanilla extract
- ¼ cup freeze-dried strawberries, crushed

COOK frozen strawberries and granulated sugar in a medium saucepan over medium-high, stirring often, until berries begin to break down, about 8 minutes. Whisk lemon juice and cornstarch in a small bowl. Stir into berry mixture. Cook, stirring, until thickened, about 4 minutes. Let cool to room temperature.

ROLL each piecrust into a 12-inch circle on a lightly floured work surface. Cut 4 (5-inch) rounds from each crust. Roll scraps and cut 2 more rounds. Place 1 heaping tablespoon jam in center of each round. (Reserve any remaining jam for toast.) Brush edges of dough with egg and fold in half, pinching edges to seal. Transfer pies to a baking sheet lined with parchment paper; refrigerate for 15 minutes. Brush pies with remaining egg and sprinkle with turbinado sugar. Cut 3 small slits in top of each pie.

PREHEAT air fryer to 350°F for 10 minutes. Coat bottoms of pies with cooking spray. Working in batches as needed, add pies in a single layer and cook until golden brown, 8 to 10 minutes. Transfer to a wire rack and let cool for at least 20 minutes. (Pies can be baked in a 425°F oven until golden brown, 12 to 15 minutes.)

WHISK confectioners' sugar, milk, and vanilla in a small bowl until smooth. Drizzle over cooled pies and sprinkle with freeze-dried strawberries.

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CARLA GONZALEZ-HART

Photograph by Fred Hardy

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THE 20-MINUTE REORG

Vanity Project

If your bathroom is so stocked it could double as a drugstore, it's time to tidy up. Tackle your medicine cabinet, counter, and under-the-sink area with these tips from organizing pro Rachel Rosenthal.

BY TEDDY WILLSON

1

USE IT OR LOSE IT

Start with a purge. Take everything out, and ditch products that are expired or no longer suit you. (Haven't had an acne flare-up in ages? We envy you. Toss the zit cream.) For the future: "When an expiration date is listed on the disposable box, write it on the bottle with a permanent marker," Rosenthal says.

2

ESTABLISH ORDER

Your daily tools should be front and center, Rosenthal says. Line up your morning and nighttime products in the order you use them. That will help you get out the door (or under the covers) faster—plus, you may be more likely to stick to your routine. Group everything else by product type, like hair or nails.

3

REHOME SOME STUFF

This is precious real estate we're talking about! Less-used items can live elsewhere, Rosenthal says. For example, your heating pad probably doesn't need to hang out under the sink. And any multiples (like the buy one, get one shampoos you scored) can go on a shelf in your linen closet.

The Helpers

This stylish three-tier number can sit on your counter or the toilet tank and display your prettiest lotions and potions. *Bellwood Cosmetic Organizer, $46; allmodern.com*

Slide this freestanding drawer rack into the cabinet under your sink to maximize storage space. *Elfa Narrow Cabinet Drawer Solutions, $115; containerstore.com*

Part decoration, part storage, this unit has a built-in towel bar and takes advantage of empty wall space. *Deco Curve Metal Wall Shelves, $200; westelm.com*

JEFF MINDELL. DESIGN BY MOLLY MADFIS; PRODUCT IMAGES COURTESY OF MANUFACTURERS

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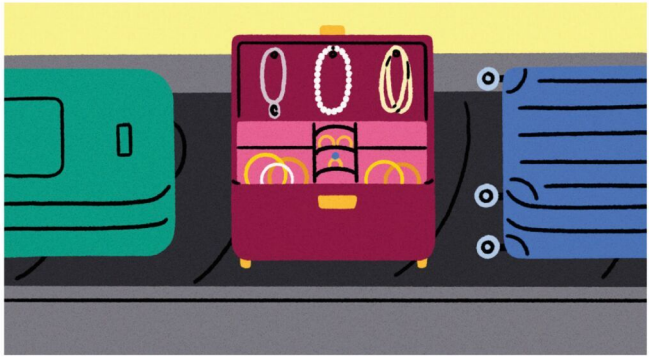

SIMPLE TWIST

Jewelry-Packing Hacks

We can't guarantee your suitcase will arrive at baggage claim, but we can help you pack your grandma's charm bracelet with confidence. Here's how to stow your precious cargo in household items.

BY TEDDY WILLSON

USE
Paper Straws
FOR
Necklaces

How many times have you tugged at a knot of necklaces and only made the situation way worse? Avoid the snarl with the help of paper straws. Unclasp the necklace, thread it through a straw, refasten, and repeat. This will keep your necklaces taut and tangle-free!

USE
Pillboxes
FOR
Rings, Earrings & Delicate Bracelets

If you're packing a ton of tiny stuff, store it all in a clear container with compartments, like a pillbox or a mini craft organizer. You can sort by day—these for Saturday, those for Sunday—and see everything at a glance.

USE
Bandanas
FOR
Bangle Bracelets

To protect bracelets, roll up a bandana or washcloth and slide the bracelets onto the roll. If they're fragile, tuck the roll into a sock or wrap it with another bandana for extra cushioning.

USE
Business Cards
FOR
Earrings

You know the little cards that hold earrings in stores? You may have already tossed any you brought home, but you can still steal the idea: Just poke your earring posts through an old business card to keep pairs together.

USE
Mint Tins
FOR
A Lot of Things!

When you're only bringing a few accessories, mint tins are a great storage solution for rings, earrings, and not-too-delicate bracelets. Line the tin with a tissue first, or rattling will be the soundtrack to your journey.

Illustrations by Sunny Eckerle

WITH DUPIXENT,
I'M STAYING AHEAD OF MY ECZEMA.
Help heal your skin from within, with DUPIXENT, a breakthrough eczema treatment. DUPIXENT helps block a key source of inflammation inside the body that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).
Available for children 6 months of age and older.
HELP HEAL YOUR SKIN FROM WITHIN™
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► Not a steroid or immunosuppressant
*At 2 weeks, 18% of adults on DUPIXENT + topical corticosteroids (TCS) had less itch vs 8% on TCS only.
**At 16 weeks, 39% of adults on DUPIXENT + TCS saw clear or almost clear skin vs 12% on TCS only. 22% saw clear or almost clear skin at 16 and 52 weeks vs 7%, respectively.
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Today's a good day to find out if DUPIXENT, a biologic, could be right for you.

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.

Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with eczema include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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DUP.22.11.0161

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

***THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of $13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) **Rx Only**
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
  - The DUPIXENT pre-filled pen is only for use in adults and children 2 years of age and older.
  - The DUPIXENT pre-filled syringe is for use in adults and children 6 months of age and older.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be given by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject too much DUPIXENT (overdose), get medical help or contact a Poison Center expert right away at 1-800-222-1222.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Joint aches and pain can happen in people who use DUPIXENT. Some people have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with eczema include: injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).
The following additional side effects have been reported with DUPIXENT: facial rash or redness.
Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

How should I store DUPIXENT?
- Store DUPIXENT in the refrigerator at 36°F to 46°F (2°C to 8°C).
- Store DUPIXENT in the original carton to protect from light.
- DUPIXENT can be stored at room temperature up to 77°F (25°C) up to 14 days. Throw away (dispose of) any DUPIXENT that has been left at room temperature for longer than 14 days.
- **Do not** heat or put DUPIXENT into direct sunlight.
- **Do not** freeze. **Do not** shake.

Keep DUPIXENT and all medicines out of the reach of children.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: November 2022

DUP.22.10.0061

HEALTH

In Like a Lion, Out Like a Light

As sweet and glorious as spring (eventually) is, it can wreak havoc on your sleep. The wacky clock change! The pollen! The endless springtime stimuli! Find your way back to the land of nod with these seasonal strategies.

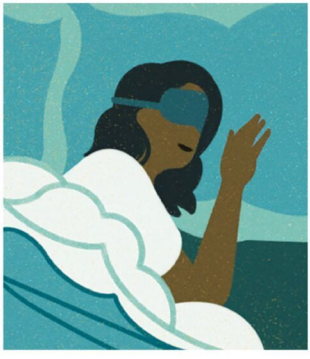
BY AMY MACLIN

IN NO TIME AT ALL, spring will have sprung, giving us extra hours of light at the end of the day, warmer temps, green shoots poking from the ground—reminders that we can cast off our parkas and rejoice in the season of renewal. Or at least we could, if we weren't so tired. As any posthibernation bear would tell you, spring is not the best for rest. "We're wired to sleep when it's cool and dark," says Abhinav Singh, MD, medical director of the Indiana Sleep Center in Greenwood, Indiana, and author of the upcoming book *Sleep to Heal*. "When spring comes, it's brighter, it starts warming up, and people generally find it harder to stay asleep." One 2021 study revealed that people across the United States tended to wake up an average of 25 minutes earlier in the springtime. That's a loss of almost three hours a week, not to mention the hour of sleep folks likely missed by springing forward without adjusting their bedtimes. Whether you're having trouble staying or falling asleep, it may be spring's fault. (Rude.) Here, three common issues, and what you can do.

The Time Change Has Your Body All Sorts of Confused

Human beings are delicately calibrated machines. Our sleep and wake cycles are ruled by our 24-hour circadian rhythms, which are controlled by a tiny region in the brain called the suprachiasmatic nucleus. The SCN follows external cues of light and darkness to regulate our hormones, body temperature, and more. Shifting your schedule by just an hour can

Illustrations by Andrea Mongia



throw a wrench in the works, says Aric Prather, PhD, a psychiatry professor at the University of California San Francisco School of Medicine and the author of *The Sleep Prescription: Seven Days to Unlocking Your Best Rest*. "On the Monday after daylight saving time starts, there's an average of a 6 percent increase in motor vehicle fatalities, because people are dealing with the adjustment when their bodies want to be sleeping," Prather says. "It's like resetting from jet lag." Daylight saving time has also been blamed for an increased likelihood of heart attacks, strokes, and workplace injuries. The clock change has such a bad rap that some people advocate to eliminate it entirely: Last year, a bipartisan team of senators drafted the Sunshine Protection Act to cut out the twice-yearly switch. (The House failed to bring it to a vote, so get ready to spring forward on March 12.)

We can help reset our internal clocks by giving our bodies external cues called zeitgebers, German for "time givers." "The most powerful zeitgebers include daylight or the waning of it, mealtimes, exercise, and even social interactions," Prather explains. "These elements of your routine become something the body anticipates." For several days after you change the clocks, start your morning with a dose of sunlight, he suggests. "Get as much sun in your face as you can for at least 30 minutes to tell your brain and body it's time to wake up." If it's still dark out, consider a light box, says Singh, who keeps one in his office to brighten his early Indiana mornings. He recommends using a lamp with a brightness level of about 10,000 lux for a half hour daily.

Daylight saving time has been blamed for an increased likelihood of heart attacks, strokes, and workplace injuries.

Food is another important zeitgeber, Prather adds. So if your regular lunchtime is noon but you're not hungry because it feels like it's 11 a.m., eat anyway. Eventually your body will get the message.

In the evening, mellow out by dimming the lights an hour or so before bed. And be careful with your nightly routine: "We tend to brush our teeth in front of a giant mirror surrounded by bright bulbs when our pupils are already dilated to take in more light," Singh points out. Try a night-light instead. As for the blue light of screens, you know it's a no-no—but if your phone is your security blanket, Prather recommends using it to read or watch a soothing show instead of scrolling through social media, which can release the brain's reward chemical dopamine, keeping you alert.

Most importantly, Prather says, set a regular wake-up time and stick to it. Getting on a schedule may sound like a buzzkill, but it primes you for the best rest.

You're a Sneezy Mess

All that new spring growth can put your respiratory system on the struggle bus. It's prime time for seasonal allergies (scientifically known as allergic rhinitis), which can suddenly afflict us in adulthood due to genetics or to changes in our immunity or environment. If you're dealing with allergies and lousy sleep, the first step is to look at your allergy medication. Some meds—even certain nighttime formulas—contain a stimulant, like pseudoephedrine or phenylephrine, Singh says. Talk to your doctor before changing your allergy meds, but your best bet may be to opt for a daily nasal saline rinse for the sinuses.

Other helpful measures: To minimize allergens, wash your linens and dust your furniture regularly, and tuck your pets into their own beds if possible. A warm nighttime shower can be a relaxing ritual as well as a steam flush for the sinuses. Also, an air purifier can help reduce dust mites and dander. Look for one that's certified by the Association of Home Appliance Manufacturers and that has a HEPA filter that's the right capacity for your space; check out the clean air delivery rate, or CADR, to find the volume of clean air the purifier recirculates.

Speaking of air and breathing (how's that for a segue?), allergies may leave you susceptible to apnea. If you have apnea, your upper airway becomes blocked when you sleep, causing you to stop breathing between 5 and 30

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times an hour and increasing your risk of high blood pressure and even stroke. Apnea tends to be underdiagnosed in women, Singh says, because women may be less likely to know they snore, or they may chalk up their exhaustion to depression or stress. "But there's a difference between being tired and being sleepy," Singh says. If you're excessively tired during the day, if your partner tells you that you snore or seem to be gasping for air, or if you wake up with a headache and a dry throat, talk to a doctor.

You Can't Wind Down

Spring fever isn't just something to write songs about. The extra daylight may boost your mood and leave you more energetic (yay!), which can make it harder to drift off (boo!). Or you may feel just the opposite—anxious and down, in a case of reverse seasonal affective disorder (as opposed to the more typical seasonal affective disorder, which sends sufferers into dark-day doldrums). Regardless of the cause, your unquiet mind is something you should be mindful of all day long.

"You can't go, go, go and then just switch off at night. The body and brain don't work that way," Prather says. "How you live during the day may be where these issues originate." He recommends bringing down the temperature on your "stress thermometer" by building in rest breaks throughout the day. "It's the new cigarette break, but healthier," he says. Five times daily, take a break for 5 to 15 minutes. Do a short meditation, go for a walk around the block, or pull weeds in your garden. Program the breaks into your phone, or incorporate them into natural pauses in your routine—when you get up for a snack, say, also take a little stroll outside.

If you can't stop mulling over the same old stressors, set aside time during the day to sift through them, suggests Jade Wu, PhD, a researcher at Duke University School of Medicine and the author of *Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications*. Try her "emptying the mental litter box" technique. "Our minds are like cats—quick, active, and prone to doing business anywhere there isn't a designated place for it," she says. "So instead of dumping worry whenever and wherever, make a mental litter box." Devote a 30-minute chunk of time to worrying—maybe during your commute or when you're cleaning up after dinner. Don't try to talk yourself out of your concerns. Wallow! Then say, "See you tomorrow, worries," and move on. Any other time anxieties pop up, remind yourself you'll get to them when you next empty the mental litter box. "You'd be surprised how much your mind appreciates this boundary," Wu says.

Finally, the simplest but arguably most difficult-to-follow advice: Relax. The harder we try to catch z's, the more elusive rest can become. When we're too rigid about sleep hygiene, performance anxiety sets in, straining our relationship with shut-eye even further, Wu says. "We can invite sleep over the way we'd invite a friend, but we can't dictate the exact minute she shows up." Instead of angrily checking the clock, try snuggling into bed. Your friend may knock on the door before you know it. ■

Spring's Sleeper Hits

DEEP REST EYE MASK

Molded eye cups (kinda like a bra!) provide ergonomic comfort as well as restful darkness. *$22; nidragoods.com*

HAPPYLIGHT FULL-SIZE

This adjustable UV-free light has the recommended level of 10,000 lux and tilts to meet your face. *$60; verilux.com*

OCEAN PLASTICS EARPLUGS

Soft and comfy, these reusable plugs (made from plastic trash pulled from oceans) are dreamy for you *and* the planet. *$16.50; happyearsearplugs.com*

HONEYWELL HPA 100 HEPA AIR PURIFIER

Quietly captures 99.7 percent of particles from dirt, pollen, smoke, and other bad guys. *$87; amazon.com*

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PETS

Weird Behaviors, Explained

Raise your hand if you ever look at your pet and wonder, "Why are you like this?" In search of answers, we asked experts to explain our creatures' wacky ways.

BY JUNO DEMELO

Why does my dog run around with the zoomies?

Bust out this fun fact at your next visit to the dog park: Zoomies are technically called frenetic random-activity patterns, or FRAPs (not to be confused with the icy coffee drinks). And they're generally a good thing. "The vast majority of dogs are in a positive emotional state when they engage in this kind of explosive scooting with rapid starts and stops," says Christopher Pachel, DVM, a veterinary behaviorist and the owner of the Animal Behavior Clinic in Portland, Oregon. To release pent-up energy, your dog might get the zoomies when you come home from work or after a very satisfying poop. Your pup may also get them after stressful situations, like a bath, and that's OK. If it happens a lot (as in, multiple times a day), or if your pup starts running around at 2 a.m., she may be telling you she needs more exercise. Try upping those dog park visits, and consult your vet if that doesn't help calm her down.

Why does my cat knead my tummy and lap?

"Kneading is thought to be leftover behavior from nursing, when kittens use their paws to express more milk," says Rachel Geller, EdD, a cat behaviorist in Newton, Massachusetts. "It's very relaxing to cats, and it's a good way for them to bond with you. If they're turning your sweaters into confetti, however, you can absolutely encourage them to do it elsewhere." Geller suggests putting a blanket that's designated for kneading in your lap—and wash it as infrequently as possible (cats are generally very clean!). "Often, once their scent is on something soft, they'll keep coming back to it."

Why does my pup tilt his head when I talk to him?

When an ambulance drives by with its sirens on, he might be trying to figure out where the sound is coming from. But when he tilts his head after you ask him whether he wants a treat, your dog could be trying to concentrate on what you're saying. In a 2021 study in the journal *Animal Cognition*, dogs who had memorized the names of multiple toys often cocked their heads when asked to retrieve one of those toys, possibly indicating increased attention. Another explanation? "It's a supercute behavior that can elicit a reward," says Kelly Ballantyne, DVM, a veterinary behaviorist and the medical director of Insight Animal Behavior Services in Chicago. Many dogs respond to positive reinforcement and adapt to do more of what we like. So if you tend to pet, praise, or reward your dog after he tips his head to one side, he may be more likely to do it again.

Why does my cat always try to sleep on my pillow... when my head is on it?

"Your scent is comforting to your cat, and your pillow is a really concentrated source of that scent," Geller says. Sleeping on your pillow gets your cat close not only to the smell of your skin and hair, but to anything you might have left on your pillow after multiple nights of sleep (it happens, no matter how much dry shampoo you use or how dutifully you wash your face before bed). Plus, it's practical for your kitty: "When you toss and turn, your head doesn't move nearly as much as your legs and arms do. Cats want to be with their person, and the best place to do that at night without getting kicked or disturbed is on your pillow," Geller explains. Finding it hard to sleep with an animal inches from your face? "You could close the door, but your cat might paw at it. Instead, try to provide an alternative that's equally appealing by putting a T-shirt you've worn all day in your cat's bed."

Why is my dog always yawning?

Considering they don't have jobs or follow politics, some dogs sure do yawn a lot! If yours is doing it before spinning in circles and settling in for a nap (another weird move, which dogs do instinctively to position themselves best for survival), she is legit tired. Yawning at the dog park or on the way to the vet is likely a sign that your dog is nervous or scared. (Look for raised hackles, cowering, or panting—all indications she might need time to decompress.) Finally: It could be contagious. Research suggests that some dogs, like humans, yawn after they see someone else do it. So while your dog may not be working hard, if you are, she could be empathizing with you. ■

Many dogs like positive reinforcement. So if you tend to praise your pup after he tips his head to one side, he may be more likely to do it again.

DANIL NEVSKY/STOCKSY

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how we live

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TRAVEL

PLAN YOUR SUMMER VACAY TODAY

You know what they say: The early bird gets the best room selection and flight deals! Follow these expert-approved tips to lock in your getaway now, and you should still have wiggle room to make changes if something comes up.

BY KAREN CICERO

I'M A PLANNER *and* a free spirit. I've booked a trip to Europe almost a year in advance, and I've taken my daughter to Disney on a week's notice. But since the pandemic hit, foresight has become key. Prices can skyrocket, and as loads of travelers discovered last summer, campground spots, beach house rentals, and even theme park passes get scooped up quickly. Experts predict more of the same this summer. "In January, we were already seeing limited availability for some destinations," says Amy Mayhue, senior travel adviser at Magnolia Travel Group, a concierge travel agency in Madison, Mississippi. "I've booked the heck out of Yellowstone for the summer. No matter where you want to go, book it soon." No pressure! But, um, let's get started.

Land on a Destination

One big reason many travelers put off booking until the last minute? Indecision. If you've got traveler's block, start by listing your dream trips. Next step: Research what it costs to get to and stay in each place. Be open to visiting off-season: "Rates in ski resort towns can drop significantly during the summer, but there can still be fun outdoor activities, like hiking and mountain biking," says Gabe Saglie, senior editor at Travelzoo, a travel deals website. Ditto destinations like the Caribbean and Mexico, which tend to be in less demand over the summer. Or choose a beach town down the coast from the ultra-happening one you read about in *Travel + Leisure*. Once you have some ballpark costs, select a few spots that could work based on how much time off and money you have, Mayhue suggests. Is there a reason to visit the ancestral land this year rather than next? Is there a family milestone coming up that calls for a reunion? Do you have a work trip that gets you halfway there? Narrow down your list until you have a winner.

JP DANKO/STOCKSY

Secure Your Airfare

Flying this summer will almost certainly cost more than it did in 2022, so buy your tickets before prices go even higher. But don't do it *too* early! Turns out there's a sweet spot: "We've found that booking airfare for international trips 129 days before departure is the most cost-effective," says James Byers, group product manager at Google Flights. For domestic trips, Byers says, the average lowest price hits 44 days out. Of course, these aren't hard-and-fast rules. Luckily, Google Flights can actually tell you whether prices are low, medium, or high for your dates. And you can set deal alerts to notify you when prices drop. It's also worth checking with your airline of choice to see how far your mileage awards will get you.

Get Ready for a Road Trip

Maybe you're planning to pack up the car for a beach weekend in a nearby town. Or you're organizing a cross-country road trip. Wherever you're driving to, congrats on not having to take off your shoes and pull out your bagged-up toiletries! Gas prices could rise again this summer, so prep now to save. Download an app like GasBuddy (free; iOS), which can help you find the least expensive pump in real time.

Capital One

What's in your wallet?

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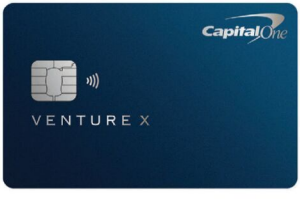

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There's also Upside (free; iOS and Android), an app that helps you earn cash back on gas. And don't forget the loyalty reward program available at many supermarkets. Chains like Stop & Shop and Price Chopper dole out points you can redeem for fuel.

Get Creative with Lodging

Prices for hotel stays in some popular U.S. destinations more than doubled between 2019 and 2022, according to research by the Family Vacation Guide, a travel recommendation site. Try searching for new hotels in the area you're visiting—they often have introductory rates that may be significantly less than well-loved options. Apartment-style hotel chains, such as Mint House and Sonder, can help you save money if you use the kitchen instead of buying meals, as can rental platforms like Airbnb.

Reserve Your Rental Car

Booking a car last-minute usually means paying more, Mayhue warns. Many rental companies let you cancel without a penalty within a certain time frame, so reserve your car as soon as you book your airfare, she suggests. Compare prices on Turo, a car-sharing marketplace (meaning you rent from a regular person). The company offers roadside assistance should anything go wrong. And the savings are no joke: For a weeklong trip to Maui last year, I found a compact sedan on Turo for $238, compared with $590 on car rental sites.

JAMIE GRILL ATLAS/STOCKSY

Cut Out the Middle Man

If you think your plans might change, try to book directly with the airline, car rental agency, and hotel. You'll generally find a more generous cancellation policy if you avoid paying through a third-party site.

Bundle Attraction Tickets

Plan to do a lot of sightseeing in a major city? CityPass and Go City offer bundled tickets for multiple attractions, getting you up to half off individual ticket prices. And if you're a member of your local zoo or aquarium, you may get discounted or free admission to similar attractions in other cities as part of a reciprocal admissions program. (Find out more at aza.org.)

Opt in on Travel Insurance

It's more important now than ever, and not just for Covid-related concerns. Long flight delays and mishandled bags—both common problems—are covered under most plans. Plus, some health insurance providers don't offer coverage outside the country, while travel insurance might (check the policy details). After all, better safe than...paying cash at a hospital in a foreign country! ■

A PROCRASTINATOR'S TRAVEL GUIDE

Let's say you want to go somewhere for spring break but you've done zero planning. These sites can help you get away this very weekend.

EXPEDIA Go to expedia.com/lastminutedeals to find discounted accommodations. I recently saw hotels that were more than 30 percent off.

TRAVELZOO The site's Last-Minute Deals section includes cruises, flights, hotels, entertainment, and car rentals. At press time, I saw 22 deals to Punta Cana, Cancún, and other places,

TODAYTIX Here, you can score last-minute theater tickets in major cities, often at a fraction of the full price.

DELTA Search for "current flight deals" and plug in your closest airport to see where you can jet off to on the cheap. I saw some amazing discounts on flights from Atlanta to Boston and Nashville to Los Angeles.

HOTWIRE This site includes a robust section of last-minute luxury hotels for less than $99 per night. —*K.C.*

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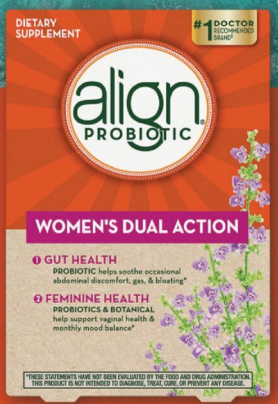
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‡AMONG DOCTORS AND GYNECOLOGISTS WHO RECOMMENDED A BRAND OF PROBIOTIC IN A PROVOICE 2022 SURVEY.

THE MINDSET

One-Minute Mantras

Improve your outlook in an instant with the perspective-changing words mental health experts tell their clients (and themselves).

BY AMY MACLIN & KEYDRA MANNS

Illustrations by Abbey Lossing

Whether you're being harsh to yourself or to others, there is nothing harshness can do that loving firmness doesn't do better.

"Courage Is the Choice to Leap"

When you're taking a big leap into the life you desire, you're allowed to be scared. Courage is about being afraid and choosing to leap anyway, nerves and all. In moments of fear, psych yourself up with soothing self-talk: "I am doing a good job. Tiny steps add up, and one day at a time, I face what I need to face."

CHRISTINE GUTIERREZ, PSYCHOTHERAPIST AND AUTHOR OF *I AM DIOSA: A JOURNEY TO HEALING DEEP, LOVING YOURSELF, AND COMING BACK HOME TO SOUL*

"Give It Five Minutes"

Doing something is almost always better than doing nothing. If it seems impossible to take action, follow the five-minute rule: Set a timer and do a task for just five minutes, whether it's weeding the garden, washing the dishes, or getting through your emails. When the five minutes are up, you can stop—or carry on if you want to (you might be surprised). Regardless, give yourself permission to feel that accomplishment. Most clients find that those five minutes often help them feel better.

CHRISTINE PADESKY, PHD, COAUTHOR OF *MIND OVER MOOD*

"I'm Always Free to Choose"

Anytime I start to feel oppressed or doubted by others regarding my leadership abilities or professional skill, I extend myself patient, loving kindness. I also remind myself, "In every moment, I am liberated to choose." As a Black woman, I am liberated to choose every aspect of my life and work. My ancestors did not have those freedoms. I am liberated to choose how I lead, what activities I say yes or no to, who I engage with, and who is deserving of my time. And I am free to exhibit kind and inclusive leadership.

ALFIEE BRELAND-NOBLE, PHD, PSYCHOLOGIST AND COAUTHOR OF *I WANT TO SEE YOU SHINING*

"I Can't Control Everything"

When you hear the critical voice you've heard a million times, reminding you of some mistake you made long ago, stop and say out loud, "Margaret, is this really helpful?" (Of course, you'd use *your* name.) The answer is almost always no. Then move on. Practice and you'll get really good at shutting down unhealthy self-criticism. Another great question for worriers and perfectionists: "What do I actually have control over?" Not what you wish you could control, but what you *actually* control. It's not much. That can be very freeing.

MARGARET RUTHERFORD, PHD, CLINICAL PSYCHOLOGIST AND HOST OF THE PODCAST *SELFWORK*

"I Deserve Three Core Things"

First, we deserve to be nourished. I often think, "How can I nourish myself in this moment?" Sometimes it's just taking a minute to stand up and stretch between clients, or giving myself permission to go on a break.

Second, we deserve to grow. One small degree of change today, multiplied by months and years, will change the trajectory of your life. What small, tangible action can you take today to get closer to your values and goals? Maybe it's having an introductory conversation that might start a friendship, or doodling to add creativity to your life. Often we believe that change needs to be sweeping and dramatic. The true changes in our lives happen in small degrees in sustainable and consistent ways.

Third, we deserve to live with intention. Ask yourself, "What implicit rules or assumptions are informing my actions?" Maybe you make assumptions based on your identity, thinking, "This is something someone like me could never do." Reframe that thought: "This is something I haven't figured out yet." We experience so much suffering because we operate according to expectations we didn't set ourselves. I encourage you to challenge those rules daily.

JENNY WANG, PHD, PSYCHOLOGIST AND AUTHOR OF *PERMISSION TO COME HOME: RECLAIMING MENTAL HEALTH AS ASIAN AMERICANS*

"Be Kind, Not Harsh"

Here's something I've learned the hard way: There is no redeeming value in harshness. Whether you're being harsh to yourself or to others, or allowing others to be harsh to you, there is nothing harshness can do that loving firmness doesn't do better. Now that I'm in my 70s, I've made a deal with the universe: If it's unkind, I'm not interested. Say to your inner critic, your spouse, yourself as you're about to speak to someone else (even if you

need to express some tough truths): "We are on each other's side." I call this "remembering love." Remember that the person you're speaking to (including you!) is someone you care about, and that the point of the conversation is to make things better.

TERRY REAL, COUPLES THERAPIST AND AUTHOR OF *US*

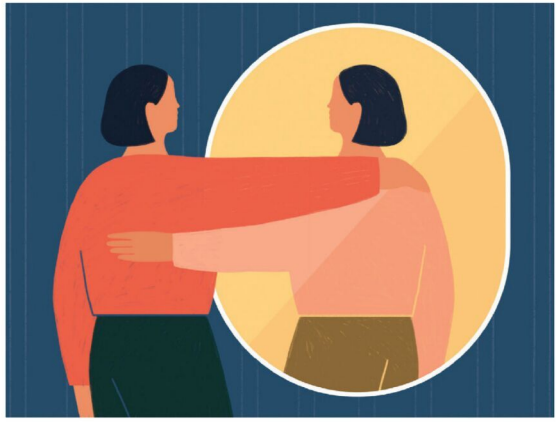
"Slow Down for the Good Stuff"

Everybody deals with stress and sorrow. But when we have good moments along the way, it's important to slow down and let them land. They can be little, like when you exhale and your body calms down, or someone shows they care for you, or you finish a task. Focus on what's happening in your body and notice what feels good about it. These steps can gradually hardwire happiness and other inner strengths into your nervous system.

RICK HANSON, PHD, PSYCHOLOGIST AND AUTHOR OF *MAKING GREAT RELATIONSHIPS: SIMPLE PRACTICES FOR SOLVING CONFLICTS, BUILDING CONNECTION, AND FOSTERING LOVE*

"I Love My Whole, Embarrassing Self"

We all have a rejected shadow self we don't want the rest of the world to see. Mine is 10 years old with frizzy hair and braces. She's clumsy, the last to get picked for teams at school. We tell our shadow self to stay back, that we don't want anyone to see them. We believe that in order to be accepted—whether we're at an interview, in an important meeting, or on a first date—we need to show only the best of who we are and hide the worst. But in reality, the way to feel confident is to be present with our full selves. Tell that 10-year-old, "I love you. It's you and me, kid. If anything scary



happens, we're out of here." Form an unbreakable bond between you and your shadow self. Imagine silently commanding that audience you're trying to impress, "Listen!" Feel the authority that comes when you and your shadow speak with one voice. You now have an unshakable confidence because you realize you don't need the approval of another person—the potential boss, the date, whoever—to make your life whole. You *are* whole.

JAMIE ROSE, A LIFE COACH WHO TEACHES *THE TOOLS: 5 TOOLS TO HELP YOU FIND COURAGE, CREATIVITY, AND WILLPOWER—AND INSPIRE YOU TO LIVE LIFE IN FORWARD MOTION* BY PHIL STUTZ AND BARRY MICHELS

"It's OK"

When I'm having a hard moment, my go-to move is to put my right hand over my heart and repeat, "It's OK, sweetheart." It's exactly what I need to hear, and I don't need anyone else to say it. And if a negative emotion or critical thought overwhelms me, I imagine I have a big storage container. Whatever is overpowering me, I visualize tying a lead weight to it, placing it in the box, and closing the lid. I'll come back to it later, when I'm ready.

TARA SCHUSTER, MENTAL HEALTH ADVOCATE AND AUTHOR OF *GLOW IN THE F*CKING DARK*

"I Must Protect My Spirit"

When I teach my graduate-level college classes, we always start by finding something we can offer ourselves to protect our spirits. It might be a song, a poem, a mantra, cupcakes with banana cream filling. Whatever it is, it represents what you really want and reminds you that you can't let anyone set you on a negative path and steal your joy. Also, though it became somewhat cliché during the pandemic, I tell people to forgive themselves. To give themselves grace—the kind Aretha Franklin sings about. That grace could be absolutely amazing.

ANGELA NEAL-BARNETT, PHD, PSYCHOTHERAPIST AND AUTHOR OF *SOOTHE YOUR NERVES: THE BLACK WOMAN'S GUIDE TO UNDERSTANDING AND OVERCOMING ANXIETY, PANIC, AND FEAR*

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Modern Manners Advice for Your Social Quandaries

BY MICHELLE BUTEAU

SUSAN ASKS...

My next-door neighbor makes a habit of parking in front of my house and doesn't move her car for days on end. A few years ago, I wrote a note letting her know that the front of my house is not her designated spot. I recently found out that my town has an ordinance against leaving cars on the street for more than 72 hours. I made a copy of it and sent it to her. Nothing gets through to her. What should I do?

Ugh, Susan. I'm so sorry this is happening to you. Maybe try talking to her face-to-face. If that doesn't work, then you've done everything possible. And that's when you call 311 or your town's parking authorities. You get an official person to come to your neighbor's house, knock on the door, and tell her she cannot park there anymore. I don't know what kind of ordinance you guys have, but she needs to be ticketed. No more notes. No more Mrs. Polite Lady Neighbor! You can't be gentle anymore. You've been straightforward, and she's ignoring you, which is disrespectful. Your house is not a parking lot. I feel for you, I really do. Fight fire with fire, then plan yourself a spa day for being your own shero!

HAVE AN ETIQUETTE QUESTION?
Hover your phone's camera here to submit your question for Michelle, or email her at modernmanners@realsimple.com.

Photograph by Gijs van der Most

ANNA ASKS...

I've been involved in the rescue and fostering of shelter animals for years. All my friends know this. How am I supposed to respond when they proudly show me an animal they purchased from a breeder? I think they assume that because I'm an animal lover, I will love their pricey designer pet. I usually say something nice, but I get a strong sense they want me to make a big fuss, which is hard to do when I'm crying inside.

Anna, thank you so much for rescuing shelter animals. That is truly amazing. You are a walking angel on earth. I love my dogs so much, and they were both adopted. I didn't grow up with dogs, and if I'm being honest, I didn't even know the difference between adopting and shopping for a pet until I had a friend break it down for me, and I'm so glad they did. I think it's totally OK to have that somewhat awkward conversation. It's not what you say, it's *how* you say it—in a nonjudgmental way.

Tell your friends something along the lines of "While I'm happy that you want to extend your family, I personally don't believe in the way you're doing it. And here's why." You can let them know that, with a shelter dog, they'll be saving a life and fighting puppy mills, and that they could get a dog who's even healthier than one from a breeder. This would be a really good conversation. It could be eye-opening. Most people don't know why adopting is better than shopping unless someone tells them. And I don't know if you want to be, but I think you could be that person.

Reach into your emotional arsenal and have a chat with your friends. Be short, kinda sweet, and definitely to the point.

CHRISTINE ASKS...

I love introducing my friends to one another at parties. The problem is this: I have two friends who always feel the need to immediately friend the people they meet on Facebook. I appreciate the concept of networking, but this makes me feel like they're crossing boundaries, and I can't think of a nice way to broach the subject with them. I'm not good at beating around the bush; I'm definitely the Queen of Bluntness. I love these people, and I don't want to hurt their feelings, but I also don't want to be uncomfortable because of their behavior. Please help!

OK, Christine. The good news: You are popular and dynamic and people want to hang out with you. The bad news: You are popular and dynamic and people want to hang out with you. All hail the Queen of Bluntness! Come through with some laws of the land! Reach into your emotional arsenal and have a chat with your friends. Be short, kinda sweet, and definitely to the point: "Look, I love bringing you into my circles—you're a lot of fun. But I am not comfy-cozy with you needing to stay in touch with everyone I introduce you to. At the next event, can we just keep it light and tight and right?" Serve a little sugar with that medicine. Good luck!

SARAH ASKS...

My manager makes anti-vax comments and says climate change is a fad. I disagree with him, but I never know how to respond, because he's my boss. How should I handle it?

Oh, Sarah, I am so sorry you have to go through this. You are not alone. This is really tough, especially given that this person is your boss! Here are some options I hope help.

Deflection: You can say something like "I just saw this movie, and I thought it was too long, but it was still pretty great." Or "Did you know that the length of your forearm is how big your foot is?" Often I'll sound like the little kid in *Jerry Maguire*, but it works!

Shut it down politely: Say, "Well, I guess we can agree to disagree," or "I've heard you should never talk about religion or politics at work, so if you don't mind, I'll just do my job."

Have it out: No one wants to go to work and feel like they're on a solo debate team, but if he's constantly bringing these things up, I would present him with some facts and dispute his theories.

I don't know how long you'll be at this job, or how important your relationship with your boss is, but in these trying times, just saying what you need to say might be the best thing to do.

ABOUT MICHELLE

Michelle Buteau is a mother, wife, dog mama, actor, writer, comedian, and TV host. Her book of autobiographical essays, *Survival of the Thickest*, will soon be a Netflix series. She also cohosts the popular podcast *Adulting* on the Exactly Right network.

MONEY

How to Think About Your Finances Right Now

With a recession coming (already here?), we're all stressing about money more than usual. Reframing how we look at it can help relieve some pressure.

BY KRISTIN WONG

THESE DAYS, you can't read the news without seeing the words "recession" and "inflation." The economy feels as predictable as a toddler's tantrum schedule, the housing market is in a slump, and the prices of, well, pretty much everything are rising, so it's no wonder many people are on edge right now. According to the American Psychiatric Association, 87 percent of people surveyed last year were anxious about how much more things were costing. And that's just inflation-fueled worry! Unfortunately, there's not a lot we can do to steady the stormy macroeconomic waters. We can, however, manage how we think about our money during these taxing times. Here are three ways to start.

Focus on One Goal at a Time

You hear it again and again: Build an emergency fund, pay off your debts, and save for retirement. If your brain short-circuits at the thought of doing it all, imagine those goals as separate buckets that need to be filled with water, says Madison Sharick, a certified financial planner in Pittsburgh. So you have your emergency bucket, your debt bucket, and your retirement bucket. For many people, it's not realistic to fill them all at once. Instead, pour a bit into the most important one (you don't even have to fill it all the way!), then move on to the next. "The trick is to know which bucket to prioritize," she says.

PROP STYLING BY SOPHIE LENG

Photograph by Ted Cavanaugh

"I made the mistake of looking at my accounts recently, and I was like, 'Oh my goodness!' I thought, 'Do *not* look. You know better!'"

Priority number one is your emergency bucket, to help you feel stable in case you lose your job or other source of income. You want enough money in there to cover three to six months' worth of basic living expenses, Sharick says. Having that cushion means you'll be less likely to rely on credit cards (creating potentially high-interest debt) or dip into your investment accounts (deferring your retirement goals). If you need to free up some money to build the emergency fund, you could opt to make just the minimum payments on any low- or no-interest debt or temporarily scale back your retirement contributions.

"Once you reach three to six months' worth of funds in your emergency bucket, turn off the spigot," Sharick says. Then put as much money as possible toward any debt. (Blessed not to have any? One less bucket to fill!) Start by chipping away at balances that have the highest interest rates. Those are usually credit cards and personal loans. Once you've got an emergency fund and paid off high-interest debt, Sharick says it's time to contribute as much as you can to your retirement accounts.

Pretend Your Investments Don't Exist

It can be hard to sit back and take things as they come when the economy feels unsettling. What's even harder? Outsmarting a recession! It's impossible to anticipate what will happen—the brightest economic minds in our country aren't even aligned. Plus, rushing to act doesn't always pay off. "Many financial decisions we make while we're emotionally heightened can make us feel better in the short term but may not have long-term benefits," says Aja Evans, a New York City–based licensed professional counselor specializing in financial therapy. Case in point: Just a few months ago, you might have been convinced it was a good idea to get involved—ASAP—with Sam Bankman-Fried's crypto-currency exchange.

You may see your retirement accounts dwindling in value and be tempted to cash them out. Take a beat! Besides eating the loss, you'll be hit hard with taxes on early withdrawals. Keep contributing to your IRAs, 401(k), and other long-term accounts during an economic downturn, and try to ignore any dip in value. (It changes all the time anyway.) "The anticlimactic secret to investing through recessions is just doing nothing," Sharick says. Historically, the stock market has always recovered. If you're not nearing retirement, then, ideally, your investments will increase in the long run. Evans doesn't even check her retirement accounts when times are tough. "I made the mistake of looking at my accounts recently," she says, "and I was like, 'Oh my goodness!' I thought, 'Aja, do *not* look. You know better!'"

Learn to Embrace the B-Word

Budgeting often feels like dieting, in that the more prohibitive you are, the harder it is to follow through. "A budget doesn't have to be overly restrictive or tedious. It should be seen as a tool to provide financial freedom," says Michael Collins, a certified financial analyst and adjunct professor of financial planning at Endicott College. "Think of budgeting as an empowering process that lets you better control your finances," he says.

One way to do that is by including "fun money" in your budget. Try following the 50-30-20 rule. Allocate 50 percent of your income to your needs, 30 percent to your buckets, and 20 percent to stuff you want. This formula is trickier to implement when your income is tight or fluctuates each month, so your percentages may vary. To increase disposable income for fun money, Collins recommends cutting costs where you can (always a good idea!). For example, try negotiating your cellphone and internet bills.

To make budgeting less tedious, Collins suggests scheduling a weekly mini date with your money. Crunch the latest numbers and see how you're doing with those percentages. How are your needs, buckets, and fun-money funds looking? Is there anywhere you can save? Anything you can cut out? And create a datelike vibe for the event: Light a candle, make yourself a cocktail or a latte, turn on some music, or do whatever you've gotta do to make it a little more Fun. Yes, with a capital F. ■

Photograph by Chrisean Rose

The people on these next few pages are working hard to support refugees, advocate for body positivity, bring more women into the

THE game changers

C-suite, and more. They're making the world a better, smarter, greener, more accepting place—starting with their own corner of it. Meet some of our favorite forward-thinking folks making a difference right now.

DRESS: ALEXPERRY.COM.AU; COAT: RICHARDQUINN.COM; BOOTS: ATSUKOKUDO.COM; EARRINGS: ADINAREYTER.COM; RING: DAVIDYURMAN.COM

a running list...

CYNT MARSHALL CEO of the Dallas Mavericks and the first Black woman to head up an NBA team • **JAY SHETTY** Former ▸

The Innovative Titan of Industry

When **Mary Barra** was getting her bachelor's degree in electrical engineering at General Motors Institute (now called Kettering University), she had no idea she'd one day be CEO of the company. To pay for her education, Mary got a job inspecting fenders at GM, and she worked her way up, eventually becoming the first woman to lead one of the big three U.S. automakers, in 2014. She still sits at the head of the table, and holds the fourth slot on Forbes's 2022 list of the 100 most powerful women in the world—just after Vice President Kamala Harris. What is it about Mary? Simply put, she gets things done.

Change can be slow-moving at a 100-plus-year-old company stuck in its ways. That isn't the case at GM, because Mary isn't a stuck-in-her-ways kind of leader. She and her team pivoted quickly at the start of the Covid pandemic: "In just 154 days, our employees produced more than 200 million face masks," Mary says. She's currently pushing the company to roll out electric vehicles exclusively by 2035, vowing to make eco-friendly cars accessible to all. (It's her goal to leave a zero-emissions legacy.) And under her leadership, GM is closing its gender pay gap.

Mary, a first-generation college graduate, believes education opens doors and is passionate about offering opportunities through GM's partnerships, including one with the Girl Scouts. "I got where I am because I had people who believed in me, who encouraged me to take the tough assignments, and who gave me a chance."
—Keydra Manns

THE BODY-POSITIVE YOGA INSTRUCTOR

It may surprise you to learn that a fitness pro who has more than 400,000 Instagram followers, and who's appeared in a national Gatorade commercial alongside Olympic athlete Sydney McLaughlin-Levrone, still feels uncomfortable at the gym. It's true: **Jessamyn Stanley,** a body positivity advocate and author, says she isn't immune to self-doubt in an unfamiliar workout setting. "Am I good enough to be here? Should I be in this space?" she says. Because, well, gyms aren't always known for being welcoming to all body types, and Jessamyn isn't thin and white, like the stereotypical American yoga instructor. Whenever those doubts creep in, she remembers she just wants to have a good time and summons her confidence, which she honed by—you guessed it!—practicing yoga. In her living room.

"When you can harness that energy at home, it's easier to take it out into the world," she says. "You might be in a random fitness

monk who brought the Big Questions down to earth • **SHONDA RHIMES** Started with a TV series, created an empire • **JONATHAN VAN NESS** Saving the world one split

CLOCKWISE FROM LEFT: JOHN F. MARTIN FOR GENERAL MOTORS; BEN HASSETT; BOBBY QUILLARD

JESSAMYN STANLEY
On becoming a game changer

"Don't be scared because you've never seen anyone do it. That means you're in control of your own destiny and you don't have to follow anything. You get to write the rules."

class and not know what's going on. You might not be wearing the same thing as everyone else, and maybe you're out of breath five seconds in. If you're just there to have fun, none of that matters."

Jessamyn wants to make yoga inclusive for people who feel like they don't belong in a studio, whether because of their skin color, body shape, age, or skill level. That wasn't the plan when she started her home yoga practice in 2011 and began posting about it on social media. At the time, she was in graduate school for performing arts management, and she only became an instructor because people were inspired by her posts and asked her to teach them. "I realized that it's through the shared experience of difficulty and hardship that other people can see themselves in me. Everything I've done is about showing that it's OK to be yourself, and you don't have to apologize for your existence," she says. So far, that includes writing two books (*Every Body Yoga* and *Yoke: My Yoga of Self-Acceptance*), launching a podcast (*Dear Jessamyn*), and cocreating the Underbelly wellness platform.

Up next: in-person retreats and a cookbook incorporating intuitive eating practices. (Jessamyn also attended culinary school!) "I want us all to come to a place where we can feel at home within ourselves, and where food is seen as a loving tool and not an opponent in our lives," she says. "My biggest goal is to bring yoga and the practice of self-acceptance to as many people as possible." *—Melissa Matthews*

The Trendsetting Makeup Artist

Name a runway look that has entered the mainstream (colored mascara, dewy skin, two-tone lips, etc.) and **Pat McGrath** most likely helped kick off the trend. "I constantly want to challenge my eye with newness," Pat says. "My work has always been about pushing the boundaries of what is possible through artistry." In addition to everyday makeup you could wear to work, Pat creates masterpieces using unexpected items, like crystals, feathers, and tulle, and a color palette that rivals the biggest box of crayons. Since she began working on magazine covers and fashion shows in the 1990s, Pat has become one of the most sought-after runway artists for design houses such as Valentino, Prada, and Dior. And she was honored by Queen Elizabeth II in 2021, when she became the first makeup artist to earn the honorific Dame of the British Empire, given to women who are influential in their fields.

Her itch to change how we do things is reflected in Pat McGrath Labs, the line she created in 2015, which is designed to inspire individuality and known for collabs that sell out in days (think: the Bridgerton collection of lipsticks, blushes, and eye shadows). Even if you're not shopping her line, you'll see her vision in the latest TikTok posts, and eventually your local drugstore. *—Heather Muir Maffei*

THE TRAILBLAZER EN POINTE

Misty Copeland spent the first two weeks of her ballet class at the Boys & Girls Club in San Pedro, California, just watching from the bleachers. She was 13 years old, and though her junior high drill team coach, a former ballet dancer, insisted she had a talent for piques and pirouettes, Misty was too intimidated to join those twirling girls in perfect pink tights. She eventually summoned the courage to step onto the floor in her gym socks and set her hand on the barre. "I couldn't let go," she says. "It became a part of me. I'd never had an identity outside of being the shy Black girl, but with ballet, I became a part of something much bigger than me."

Ballet changed Misty's life, and she changed ballet in 2015 by becoming the first Black principal dancer for American Ballet Theatre (ABT), one of the premier dance companies in the country. "My first few years there, when I was in the corps de ballet, I was the only Black woman," she says. "I was still so young and trying to figure out whether I truly belonged." In a profession where the standard is white, thin, and bound by tradition, she sometimes felt isolated dealing with criticism of her muscular body and unconventional career choices (she was a featured performer on several tours with Prince). Misty sometimes considered leaving ABT for less classical work, but she knew ballet was her place.

"Having mentors and a support system has been my saving grace," she says. "It's given me the strength to persevere as long as I have." Now she's paying it forward. Misty, who's been on hiatus from the stage as she focuses on another project—raising her son, Jackson, almost 1—is guiding a new generation of dancers through the Misty Copeland Foundation, which promotes diversity in dance by providing education for young people in underresourced communities. "Ballet changes people's lives," she says. "It gives them a beautiful escape and a way of communicating. It's so inspiring to see this next generation want to put their phones away and come to the theater, to know that they're the future and they're going to make such big changes to the art form. That's what motivates me every day." —*Amy Maclin*

MISTY COPELAND
On handling critics

"It's important to know when to stop taking feedback to heart. There's more reward in taking a risk than in listening to naysayers who don't understand the mission."

The Writer Who Represents

Kisses, crushes, heartbreak—the teenage years are filled with so many memorable firsts. And writer **Jenny Han** captures them better than most. Known for her best-selling young adult trilogies, *The Summer I Turned Pretty* and *To All the Boys I've Loved Before,* Jenny has a knack for tapping into those years in a way that brings all the feels. "It's a time in life that is so rife with natural drama—it's catnip for storytellers," she says.

Born and raised in Richmond, Virginia, to Korean American parents, Jenny says that though she loved writing stories as a young girl, she didn't consider it a career path. "It never occurred to me to dream that big," she says. "There wasn't a specific moment I realized I wanted to be a writer, but there was a moment I decided I *could* be one, which is when I took my first writing workshop in college." After graduating, she started on a coming-of-age novel for young adults. When *The Summer I Turned Pretty* was released in 2009, big sales seemed unlikely, because her main character, a teenager finding herself and falling in love, was Asian American. And yet the book made it to number one on the *New York Times* bestseller list—as would the second and third in the series, in 2010 and 2011. In 2014, she began publishing another trilogy, and once again, all three were bestsellers. The first, *To All the Boys I've Loved Before,* was named one of the 100 best young adult books of all time by *Time* magazine.

Almost immediately after the book hit shelves, Jenny got calls from movie producers interested in adapting *To All the Boys I've Loved Before* for the screen. But there was a problem: Many of the execs she spoke with, she says, had little interest in casting an Asian American as Lara Jean, the lead. "They didn't understand why it was central to the story," Jenny says. "I had to explain that there didn't need to be a reason for the main character to be Asian—she just was. Asian Americans can fall in love, have big, ambitious dreams, and be the main character without having to justify their existence."

Jenny eventually found producing partners who understood her position. When the movie version was released on Netflix in 2018, with Vietnamese American actor Lana Condor in the starring role, it became one of the streaming platform's most-viewed original films—and proof that nonwhite protagonists could attract a mass audience. Movie adaptations for the following two books were greenlit almost instantly.

When Jenny had the opportunity to adapt *The Summer I Turned Pretty* into a series for Amazon Prime, she negotiated to be a co-showrunner, executive producer, and writer. One of the first orders of business? Making sure an Asian American was cast as Belly Conklin, the lead role. Jenny understands how important representation is on-screen. "Growing up, I never saw main characters like Lara Jean or Belly," she says. "It's been so gratifying to see these stories reach young readers and viewers, who are at a pivotal moment of defining themselves in their own stories."
—Bethany Heitman

FROM LEFT: MARK SELIGER/AUGUST; COURTESY OF JENNY HAN

THE PERPETUAL HELPER

By Ashley C. Ford
Photographs by Chrisean Rose

Kristen Bell was open about the messy parts of life—depression, addiction, parenting—way before it was cool. She is a fan of vulnerability and seems to have empathy in her DNA; you'd sooner expect her to end world hunger than star in hit TV shows (*Veronica Mars*, *The Good Place*) and films (a little thing called *Frozen*, among others). But in fact she *is* trying to end world hunger: She helped launch This Saves Lives, a snack company providing nourishing food to kids in need. She also cowrote a children's book, *The World Needs More Purple People*, to help teach young readers acceptance. And she and her actor husband, Dax Shepard, cofounded Hello Bello to make affordable, high-quality baby products accessible to all. From the moment she got famous and had a giant megaphone handed to her, Kristen has hollered into it about stuff that matters, and in so doing, changed the Hollywood game for the better.

ASHLEY C. FORD: What was your reaction when REAL SIMPLE said you were a game changer?

KRISTEN BELL: They could have put me on the Biggest Up-and-Coming Losers list for 2023 and I would have been excited! REAL SIMPLE was my first magazine subscription as an adult, and by adult I mean 18-year-old girl living in New York City.

ACF: You seem to move through your many roles—actor, producer, CEO, parent—with a preternatural confidence. Do you ever doubt yourself?

KB: It's only recently that I realized I might be qualified for *any* of this! I often feel underqualified, whether for an acting scene or a parenting moment. When I feel wonky about my day, I tell my husband, "I like doing this, but I don't really know what I'm doing." And he goes, "All you need to do is get the project to the finish line." When I think about it like that, I realize I might actually be good at it.

ACF: You're pretty honest about your feelings, which isn't always valued in a leader. Do you think it makes good business?

KB: I don't have an MBA. When I'm working on projects and people are talking about ROI and endcaps, I feel out to sea. I've worked with people who are amazing in front of a computer but not as good with people. But there's a place for that—for those of us who value the people over the process. Perhaps one of the things I'll work on in 2023 is giving myself credit for the emotional intelligence I do have—and spreading the word about how valuable that can be.

THIS PAGE: SHIRT: STINEGOYA.COM; TANK: VASSIAKOSTARA.COM; PANTS: VALENTINO.COM; BOOTS: AKIRA.COM; EARRINGS: ADINAREYTER.COM; NECKLACE AND RING: DAVIDYURMAN.COM. OPPOSITE PAGE: SUIT: MAGDABUTRYM.COM; TOP: HOUGHTON.COM; BRA: DOLCEGABBANA.COM; HARNESS: AREA.NYC; BOOTS: OSCARDELARENTA.COM; EARRINGS: ADINAREYTER.COM; RING: DAVIDYURMAN.COM

ACF: How much better would it be if people could say, "I don't know what you're talking about," and not feel like they have to put on a front?

KB: I love asking questions. I've done a pretty decent job of surrounding myself with smart people, and I'm going to take full advantage of that. There's the worry about looking foolish, but I'd disagree with that fear. I think you seem smarter when you ask questions, because your goal is to get the information. I hope people read this article and think, "Oh yeah, I'm just going to ask questions all the time."

Styling by Jack Eustace. Hair by Matthew Collins at the Wall Group. Makeup by Courtney Hart at the Wall Group. Manicure by Jolene Broedeur at the Wall Group. Set Design by Wanenmacher Studios. Produced by Ave44 Productions.

ACF: Who is a game changer in your life?

KB: My husband keeps my mind and heart open and moving forward every single day, because he's a challenger. We disagree about 99 percent of the things on earth, which is just fun and interesting. And I started taking mother-daughter jujitsu classes last year with Cesalina Gracie, our trainer, who is the closest physical representation to Wonder Woman you've ever seen. I could break your arm.

ACF: Kristen Bell, aren't you five-foot-two?

KB: Jujitsu is all about leverage—it's about using connection and distance. And doing it with my daughter brought us closer together. The first two classes were about using your voice, because if no one can hear you, you'll never get any of your wants, hopes, or dreams. You have the right to take up the space that you take up, and to properly communicate with someone—to say yes or no.

ACF: I love this.

KB: Yeah, it's been a ton of growth for both me and my daughter, who was struggling socially before we started, and has come so far and is doing things that just make my heart explode. She stopped a fight on the yard at her school! It's kind of phenomenal.

ACF: Amazing! What's a skill or behavior that you think is underrated?

KB: Vulnerability.

ACF: Talk to me about that.

KB: It's the most attractive characteristic on the planet. I believe that vulnerability only begets vulnerability. We have so many issues as humans. Each and every one of us is so hard to get along with. It's true. But if you can maintain a sense of vulnerability, people read you in a different way. You are more successful in every aspect of your life.

ACF: What are you teaching your kids?

KB: Making amends and apologizing is an important thing in our family, because humans leave carnage wherever they go. I really respect when someone does something wrong or hurtful and they apologize.

KRISTEN BELL
On the power of humor

"I try to lead with laughter to counteract this weird cultural and societal weighted blanket we've all put over each other."

I'm like, "Yeah, right on." That's important. If there's one thing I want to teach my kids, it's how to make amends—and that it's for themselves, so they can like who's in the mirror a little bit more.

ACF: How have you learned to look in the mirror and like who you see?

KB: By dropping the pretense of being perfect. When I met my husband, he'd just recently started to be in recovery. If he found a pill, he'd be gone for three days. He'd miss Christmas and do lots of things that are inarguably bad things. I was a goody-goody with a temper. He was vulnerable and communicative. That scrambled my brain, because I was like, "I'm the one who does things right, OK?" And he was like, "But you don't, because you're scared to say what you really feel." It was hard for me to say when something scared me. I realized that when I talked more about my fears, I gained more respect from not just my husband but everyone in my life.

ACF: Sounds like you began to see yourself in a cool new way.

KB: I had been taught to stay inside the lines. When I realized I could break a mold and disagree with certain ways of doing things, I felt freer and more like me. I felt more comfortable with who I was, and then I realized, "I don't need to be better than anyone else. I just need to be better than the person I was yesterday."

ACF: Sorry for the hard left turn here, but I want to ask about Hello Bello. How did that come to be?

KB: There are a lot of people doing great work in the baby space, but there's an accessibility-affordability junction that's not being hit. One of our missions is accessibility. We're also trying to convey that parenting is hard. It's gross. It stinks. The baby products I bought for my nursery were all white, cream, and baby pink—but everything smelled like pee and avocado. There's a dissonance. So I wanted to let things be weird. Let's put the word "poop" on the diaper box because that's what it's used for. It's for poop! Let's stop pretending this is a baby angel sitting in a cloud, because kids are disgusting and sticky, and that's funny.

ACF: Your superpower is that you make reality seem doable.

KB: That is the hugest compliment you could possibly give me, so thank you. I think defusing some of the fear surrounding the hard things is maybe what I'm here to do.

ACF: Well then, you're lined up with your purpose for sure. When and where can we find the next thing from Kristen Bell?

KB: I've taken the last year and a half almost off, to be a mom, and a producer when my kids are at school. I'm developing a couple of projects right now that I really love. It's all spaghetti on the wall. Who knows what'll stick? You'll see me on social media, because that is sometimes a fun place to be, especially when my husband and I get to do it together. But I'm not sure what's next! And I'm absolutely fine saying so.

BODYSUIT: LAQUANSMITH.COM; DRESS: TAKOMEK.COM; BOOTS: SAINTLAURENT.COM; EARRINGS: ADINAREYTER.COM; RING: DAVIDYURMAN.COM

The Alzheimer's Pioneer

Women are more likely than men to develop Alzheimer's, yet they tend to be underrepresented in the research, according to a 2021 paper in *Alzheimer's Research & Therapy.*

Jessica Caldwell, PhD, director of the Women's Alzheimer's Movement Prevention Center at the Cleveland Clinic (the first in the country to offer female-specific Alzheimer's support), is trying to change that. "It's becoming increasingly apparent that to find a cure, we have to consider sex and gender," she says. Jessica has helped challenge the long-held assumption that women are more likely to develop the disease simply because they live longer, leading research on how hormones, genetics, and lifestyle factors increase women's Alzheimer's risk. In 2021, Jessica was on one of the first teams to study sex-related differences associated with inflammation and memory loss. "These are tough problems, but I'm a problem-solver," says Jessica, who in 2021 received a $1.8 million grant from the National Institutes of Health to examine how gender-linked stress and estrogen interact to affect brain health. "Getting feedback from women who tell me this work provides hope is incredibly rewarding." —*A.M.*

THE CHEF WITHOUT BORDERS

Chefs are some of the most philanthropic folks around—they often give a quick yes to cooking for charity auctions or supporting local soup kitchens. Then there's celebrated chef **José Andrés.** A Spanish immigrant who owns restaurants all over the United States, José takes giving to a whole new level. "My parents were the most important influences early in my life," he says. "They were both nurses and taught me the power of helping others." Their message clearly got through.

In 2010, José and his wife, Patricia, flew to Haiti to cook after seeing the destruction caused by an earthquake. Struck by how people took comfort in eating familiar meals during a time of crisis, they started World Central Kitchen (WCK), an organization that has quite literally fed the planet. When people are hungry after an emergency—a hurricane in Puerto Rico, a flood in California—WCK, rather than shipping ingredients or canned goods, sends cooks to massive tent kitchens, where they prepare

Creates beautiful, accessible interior design • **STACEY ABRAMS** Made every vote count in Georgia • **MICHAELA COEL** Told the story of her own sexual assault and

JOSÉ ANDRÉS
On making a difference

"Do you want to be a game changer? Today is your day to start! We cannot change the game if we are not acting with the fierce urgency of now."

nourishing dishes that local populations have a connection to.

To date, WCK has served 250 million meals, helping more people with each humanitarian, climate, and community crisis. After Hurricane Maria devastated Puerto Rico in 2017, José and his team set up shop, creating pop-up kitchens and calling on local food trucks to serve nearly 4 million meals in just nine months. During the height of Covid, with restaurants closed, chefs out of work, and a new wave of hungry Americans, WCK created a system to help solve each of those problems. The organization hired chefs to cook in empty restaurants and distributed fresh meals to people in need, including seniors and health care workers. Throughout the pandemic, WCK delivered 40 million meals in the United States, Indonesia, Spain, and the Dominican Republic. Since the start of the war in Ukraine last February, the group has served more than 180 million meals in eastern Europe.

When he's not on the ground in a disaster zone, José is overseeing a small empire. He has more than 30 restaurants serving a variety of cuisines, a television series on Discovery+ (*José Andrés and Family in Spain*), and multiple cookbooks. Ask him what he's most proud of, and José will cite WCK. But the Spanish-food evangelist will also take partial credit for the popularity of tapas in the U.S. "And we are getting nearer to my lifetime dream of every American family having a paella pan in their home!" he says. —*Jenna Helwig*

FROM LEFT: COURTESY OF JESSICA CALDWELL; MARTIN SCHOELLER/AUGUST; COURTESY OF NBC NEWS S TODAY

The Risk-Taking Storyteller

Sheinelle Jones remembers the exact moment she understood her mission as a journalist. More than a decade ago, she was listening to the radio on her way to work in Philadelphia, where she was a morning-news anchor, when the lyrics to a gospel song resonated with her. The message? Your life is not your own. "From that moment on, my career changed. My mindset changed," says Sheinelle, now cohost of the third hour of NBC's *Today* show. "Remembering that what I do is not about me—it's about the people I talk to—gives me purpose. It helps me ask the tough questions."

That guiding principle explains Sheinelle's journey to becoming executive producer of *Stories We Tell: The Fertility Secret*, a documentary about the particular challenges affecting women of color. During the pandemic, Sheinelle became inspired by close friends and family who were having trouble conceiving. "I'd see articles about fertility and egg freezing, but when it comes to women of color, you just didn't see us represented," she says. "I'm a journalist, so telling that story is part of what I am supposed to do."

SHEINELLE JONES
On the importance of inclusion

"Growing up, I remember watching a Black national news anchor, Carole Simpson. I thought, 'I could be like her.' It shows the power of representation."

Despite having tons of reporting know-how, she was nervous about taking on the passion project, but it was one of the most rewarding experiences of her life. "After it aired, I did the ugly cry!" she says. "I heard from women who were dealing with this silently and felt seen. I recently had a woman tell me she decided to freeze her eggs because of that documentary."

Sheinelle is already thinking about how else to share overlooked stories. "If you've got a little itch inside of you, I think sometimes you go for it!" she says. "And you realize it was the right thing to do." —*M.M.*

The Paralympic Champion

Tatyana McFadden noticed that the stands seemed incredibly empty when she won the bronze and silver medals in track and field during the 2004 Paralympic Games. She was just 15 years old and wondered whether the achievement mattered if no one wanted to watch her race. "I think the biggest problem was that the public didn't understand how cool wheelchair racing is," says Tatyana, now a 17-time Paralympic medalist and widely considered one of the fastest women in the world.

She's worked to change the public's perception by pushing to get wheelchair racing in the limelight—and the equal treatment it deserves. In 2005, she filed a lawsuit against the Howard County Public School System in Maryland because she wasn't allowed to race alongside runners at her high school track events. She won the case and gained that right, ensuring her younger sister Hannah, who was also a wheelchair racer, wouldn't feel like an outsider at school.

In 2009, Tatyana was again disheartened by what she felt was unequal treatment between wheelchair racers and runners at events she competed in—the two types of athletes got separate press conferences, and the media only really showed up for the runners. Whenever Tatyana had the opportunity to meet with race organizers, she'd explain how important it is for all athletes to share the spotlight equally. In 2016, the New York City Marathon began celebrating wheelchair racers and runners at the same press conference. "I love seeing the change, and it makes me excited to stay in the game longer," she says. —*M.M.*

THE DESIGNER REDEFINING HOME

Carmeon Hamilton created a mural that nearly broke the internet. The interior designer had been blogging about home decor for years before she shared this particular project on Instagram in 2020. "We moved into our house and I couldn't afford wallpaper, so I made my own," she says of the black-painted wall with geometric brushed dashes (you can see it behind her in this photo). The post was so popular, it got the attention of execs at HGTV, who recruited Carmeon to compete on the first season of *Design Star: Next Gen*, which she won. A champion of beautiful design that's accessible to the masses, she went on to showcase her skills in *Reno My Rental*. "I was a renter for a long time, so I sympathize with people who aren't able to or don't want to buy a home, and there are no TV shows out there explaining how to make your rental space livable," she says.

Carmeon's focus on creating personal and inviting spaces is inspired in part by her first design job, at a firm serving people in assisted living facilities. There she saw that colorful rooms filled with familiar items can really alter a person's mood and make them happier. "That job taught me the importance of our environments to our well-being," she says. "That was the awakening behind why I do what I do now."

FROM LEFT: IMAGE COURTESY OF NEW YORK ROAD RUNNERS; COURTESY OF EMILY DORIO

Mental and emotional well-being is top of mind for Carmeon: In 2021, her husband of 10 years, Marcus, was killed in a motorcycle accident, and she openly grieved with her Instagram community. In deeply personal videos, Carmeon talked about dealing with new responsibilities while trying to process her loss. Marcus had been her biggest cheerleader, and Carmeon didn't want to hide how she, and the home they'd created for themselves and their son, was affected by his absence. "Your environment is important, but the relationships you have are more important. I wanted to talk about the importance of both of them," she says.

These days, Carmeon spends more of her time doing speaking engagements about design and wellness than she ever anticipated. "I'm reminding people of what's important in life while also appreciating pretty things—it's become my mission." —*Erica Finamore*

CARMEON HAMILTON
On gratitude

"By staying in a state of gratitude, I feel like I'm never without, and if I'm never without, I have this abundance to give away, so I can be who I need to be for my son, my employees, and my friends."

kitchen ALL-STARS

You know how sometimes just a single ingredient can take a great dish and make it spectacular? You don't? Well, read on for six shining examples.

By LIZZY BRISKIN photographs by VICTOR PROTASIO
food styling by CHELSEA ZIMMER prop styling by CARLA GONZALEZ-HART

Dairy-Free
Bolognese

Herby
Yogurt
Dip

THE RECIPE

Herby Yogurt Dip

ACTIVE TIME **15 MINUTES**
TOTAL TIME **15 MINUTES**
SERVES **6**

- ½ cup olive oil
- 3 tsp. mixed dried herbs (such as parsley, oregano, basil, and mint)
- 1 tsp. crushed red pepper
- 2 cloves garlic, grated on a Microplane (about ¾ tsp.)
- 5 scallions, finely chopped, divided
- 2 cups plain whole-milk Greek-style yogurt
- 1 tsp. lemon zest plus 1 Tbsp. fresh juice
- 1½ tsp. kosher salt
- Crusty bread or warm pita and/or vegetables, for dipping

HEAT oil, dried herbs, and crushed red pepper in a small saucepan over medium-low, swirling pan often, until shimmering, about 3 minutes. Remove from heat. Add garlic and ¾ of the scallions (they will sizzle). Stir to combine. Let cool for 5 to 10 minutes.

MEANWHILE, combine yogurt, lemon zest, lemon juice, and salt in a medium bowl.

TRANSFER yogurt mixture to a serving dish. Top with oil mixture and remaining scallions. Serve with crusty bread or pita and vegetables.

THE STAR

dried herbs

Fresh herbs get a lot of love. We're here to spread some of that love to the dried stuff, which can add major oomph to a dish and deserves way more appreciation! Unlock the full flavor of dried herbs by heating them in fat—both oil and butter work great. Your first assignment: the fragrant and fancy-looking drizzle for this lemon-spiked yogurt dip (a.k.a. the ideal party appetizer).

THE STAR

brown butter

Is there anything brown butter can't do? The nutty, toasty flavor adds depth to baked goods, ravioli, scallops, pancakes, popcorn, and even salad dressings—as in this citrusy dish.

THE RECIPE

Farro Salad with Brown Butter Vinaigrette

ACTIVE TIME **25 MINUTES**
TOTAL TIME **1 HOUR**
SERVES **4**

Salad

- ¾ cup farro
- 1½ tsp. kosher salt
- 1 lb. asparagus, trimmed and cut into 3-in. pieces
- 1 cup frozen petite peas
- 2 oz. feta cheese, crumbled (about ½ cup), divided
- ¼ cup salted roasted pistachios, divided
- 2 medium navel oranges, peeled and sliced into segments, divided
- 2 Tbsp. chopped fresh tarragon

Dressing

- ¼ cup (½ stick) unsalted butter
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 tsp. maple syrup
- 1 tsp. Dijon mustard
- ¾ tsp. kosher salt
- ¼ tsp. freshly ground black pepper

Prepare the Salad

COMBINE farro, salt, and 2 cups water in a medium saucepan. Bring to a boil over high. Reduce heat to low, cover, and simmer until farro is tender and liquid is absorbed, about 30 minutes. During last 5 minutes of cook time, stir in asparagus and peas; cover. Transfer mixture to a large bowl to cool slightly.

Prepare the Dressing

MELT butter in a small saucepan over medium. Cook, stirring often, until butter is just browned and smells nutty, about 5 minutes. Remove from heat and let cool for 5 minutes. Whisk oil into butter.

WHISK vinegar, syrup, mustard, salt, and pepper in a high-sided bowl until combined. Slowly drizzle in butter mixture, whisking constantly, until dressing is smooth and emulsified.

Assemble the Salad

ADD half of the feta, half of the pistachios, and ¾ of the orange segments to farro mixture. Add dressing and toss to combine.

TRANSFER to a serving bowl. Top with remaining pistachios, feta, and orange segments. Sprinkle with tarragon. Serve warm.

European-style butter, like Kerrygold, has a higher butterfat content than American-style butter. That extra fat amps up the richness in whatever you're cooking or baking.

Farro Salad with Brown Butter Vinaigrette

THE RECIPE

Silky Harissa Carrot Soup

ACTIVE TIME **40 MINUTES**
TOTAL TIME **40 MINUTES**
SERVES **4**

- 1 Tbsp. olive oil
- 1 yellow onion, chopped (1½ cups)
- 3 cloves garlic, finely chopped (about 1 Tbsp.)
- 2 Tbsp. mild harissa paste (such as Mina)
- 1 Tbsp. grated fresh ginger
- 1 tsp. cumin seeds
- ½ tsp. ground cinnamon
- 3 lb. carrots, peeled and roughly chopped
- 4 cups lower-sodium vegetable broth
- 2 cups pasta water
- 2 tsp. kosher salt
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. honey
- Toasted hazelnuts or walnuts, Greek yogurt, harissa paste, and fresh mint leaves, for topping (optional)

HEAT oil in a large pot over medium. Add onion; cook, stirring occasionally, until softened, about 7 minutes.

ADD garlic, harissa, ginger, cumin, and cinnamon. Cook, stirring, until fragrant, about 1 minute.

ADD carrots, broth, pasta water, and salt. Bring to a simmer over high. Reduce heat to low, cover, and cook, stirring occasionally, until carrots are fork-tender, 20 to 25 minutes.

USE an immersion blender to puree soup until smooth. (Alternatively, blend soup in batches in a blender, removing center piece of lid to allow steam to escape and placing a towel over opening.) Stir in lemon juice and honey. Serve with desired toppings.

THE STAR

pasta water

Chances are, you've seen a recipe or three telling you to save some pasta water for making your sauce. Well, you should save some for the sauce—*and* an extra cup or two for later. The starchy liquid is magical when it comes to adding body and a dreamy, creamy texture (without any dairy) to pureed dishes, like this gingery carrot delight. Just pour some of the leftover water into a jar or deli container and stash it in the fridge for up to a week. Or freeze it for a few months; thaw it overnight in the fridge or in a pot on the stove.

Silky
Harissa
Carrot
Soup

Pickle-Brined Pork Tenderloin with Dill Sauce

THE STAR

pickle juice

Finished the last kosher dill spear? Hold on to that juice! It's a great stand-in for vinegar in creamy pasta or potato salad dressings, and it's a brilliant single-ingredient marinade for meat—as in this flavorful pork dish. It also imparts a savory, salty goodness to drinks. Swap it in for olive juice in your next dirty martini, and check out this Bloody Mary.

THE RECIPE

Pickle-Brined Pork Tenderloin with Dill Sauce

ACTIVE TIME **15 MINUTES**
TOTAL TIME **3 HOURS, 5 MINUTES**
SERVES **4**

- 1 1-to-1½-lb. pork tenderloin, trimmed
- 1¼ cups plus 1½ Tbsp. dill pickle juice (from a 24-oz. jar), divided
- 2 Tbsp. olive oil
- ½ cup sour cream
- ½ cup loosely packed dill fronds, finely chopped, plus more for garnish
- 1 Tbsp. fresh lemon juice
- 1 clove garlic, grated on a Microplane (½ tsp.)
- ½ tsp. kosher salt
- Flaky sea salt, for garnish

PLACE pork in a large zip-top bag or bowl. Add 1 cup pickle juice. Turn pork to coat in juice, then seal or cover. Refrigerate for at least 2 hours and up to 4 hours. Remove from refrigerator 30 minutes before cooking.

Serve this pork with couscous or roasted potatoes, or sandwiched inside dinner rolls.

PREHEAT oven to 400°F with a rack in center position. Transfer pork to a paper-towel-lined plate. Discard marinade; pat pork dry with paper towels.

HEAT oil in a large oven-safe skillet over medium until hot and shimmering, about 1 minute. Add pork; cook, undisturbed, until browned on 1 side, about 3 minutes. Turn and cook until browned on all sides, about 2 minutes per side. Turn off heat. Add ¼ cup pickle juice to skillet.

TRANSFER skillet to oven. Roast, uncovered, until pork is medium-rare and an instant-read thermometer inserted in thickest part reads 140°F, 10 to 15 minutes. Transfer pork to a cutting board; let rest for 10 minutes.

MEANWHILE, stir together sour cream, dill, remaining 1½ tablespoons pickle juice, lemon juice, garlic, and kosher salt in a small bowl.

SLICE pork into ½-inch-thick slices. Sprinkle with flaky sea salt. Serve topped with dill sauce and more chopped dill.

THE RECIPE

Pickle Juice Bloody Mary

ACTIVE TIME **5 MINUTES**
TOTAL TIME **5 MINUTES**
SERVES **2**

- Ice
- ¾ cup tomato juice
- ⅓ cup dill pickle juice
- ⅓ cup vodka
- 2–3 dashes Worcestershire sauce
- 2–3 dashes hot sauce, such as Tabasco (optional)
- Cornichons, celery stalks, olives, and lemon wedges, for garnish (optional)

ADD ice to 2 tall glasses.

FILL a cocktail shaker with ice. Add tomato juice, pickle juice, vodka, Worcestershire sauce, and hot sauce, if using. Cover and shake until outside of shaker is frosted, about 30 seconds.

STRAIN into prepared glasses. Garnish with desired toppings.

THE STAR

nutritional yeast

Yes, it needs some rebranding, but don't let the name put you off. With its umami-rich, cheesy flavor, nooch (as it's affectionately called by the vegan crowd) is a wonder for replacing dairy. This robust Bolognese will make you a fan, even if you regularly eat milk products.

THE RECIPE

Dairy-Free Bolognese

ACTIVE TIME **45 MINUTES**
TOTAL TIME **45 MINUTES**
SERVES **4**

- 1 Tbsp. olive oil
- 1 lb. 85% lean ground beef
- 2 carrots, peeled and finely chopped (about 1½ cups)
- 2 stalks celery, finely chopped (about ¾ cup)
- 1 yellow onion, finely chopped (about 1½ cups)
- 3 cloves garlic, finely chopped (about 1 Tbsp.)
- 1½ tsp. kosher salt, divided, plus more for cooking pasta
- ½ tsp. freshly ground black pepper
- ½ cup dry red wine or beef broth
- 1 28-oz. can crushed tomatoes
- 1 lb. fettuccine
- ½ cup nutritional yeast (such as Bob's Red Mill), plus more for garnish
- Chopped fresh basil, for garnish

HEAT oil in a large pot over medium. Add beef and break into 2 or 3 large pieces. Cook, undisturbed, until browned on bottom, about 5 minutes. Flip and cook until browned on other side, about 4 minutes. Using a wooden spoon, break beef into small pieces. Cook, stirring, until no longer pink, 6 to 8 minutes. Transfer to a plate with a slotted spoon.

ADD carrots, celery, and onion to pot. Cook over medium, stirring occasionally, until softened, 7 to 8 minutes. Add garlic, 1 teaspoon salt, and pepper. Cook, stirring constantly, until fragrant, about 1 minute.

RETURN beef and accumulated juices to pot. Add wine; cook, scraping up browned bits from bottom of pot, until wine has evaporated, about 2 minutes. Stir in tomatoes.

BRING to a simmer over high. Reduce heat to low; cover and cook, stirring occasionally, until sauce is slightly thickened and flavors are well developed, 15 to 20 minutes.

MEANWHILE, cook fettuccine in salted water according to package directions. Reserve ¾ cup pasta water and drain fettuccine.

STIR nutritional yeast and remaining ½ teaspoon salt into sauce. Stir fettuccine into sauce, adding ½ to ¾ cup reserved pasta water until sauce is loose enough to coat fettuccine. Serve garnished with more nutritional yeast and basil.

Nutritional yeast is a great source of B vitamins, protein, and fiber—so use it with abandon on popcorn, veggies, pasta, and more.

THE RECIPE

Malted Chocolate Brownies

ACTIVE TIME **30 MINUTES**
TOTAL TIME **2 HOURS, 30 MINUTES**
MAKES **16 BROWNIES**

- 1 cup (2 sticks) unsalted butter
- 2 cups granulated sugar
- 4 large eggs
- 2 tsp. pure vanilla extract
- 1 cup unsweetened cocoa powder
- ¼ cup malted milk powder (such as King Arthur, Nestle, or Ovaltine)
- 1 tsp. kosher salt
- 1 tsp. baking powder
- 1½ cups all-purpose flour
- 1 11.5-oz. bag milk chocolate chips
- 1 5-oz. pkg. malted milk balls (such as Whoppers), roughly chopped or gently smashed in a zip-top bag
- Flaky sea salt, for topping

PREHEAT oven to 350°F. Line a 13-by-9-inch dish with parchment, leaving a few inches of overhang on long sides.

HEAT butter and sugar in a saucepan over medium-low until sugar has mostly dissolved, 5 to 7 minutes.

MEANWHILE, whisk eggs and vanilla in a large bowl until smooth. Whisk in cocoa, malted milk powder, kosher salt, and baking powder.

SLOWLY pour butter mixture into egg mixture; stir until smooth.

ADD flour and stir until just combined. Fold in chocolate chips. Spread batter evenly in prepared baking dish. Top with malted milk balls and flaky sea salt; press in toppings.

BAKE until edges pull away and a toothpick inserted in center comes out mostly clean, 30 to 34 minutes. Let cool to room temperature on a wire rack. Store brownies in an airtight container at room temperature for up to 4 days.

THE STAR

malted milk powder

Mix up your baked goods with this powerful powder—its toasty, caramel flavor enhances any treat. These brownies, topped with malted milk balls, are a double whammy.

Malted
Chocolate
Brownies

rooms with the views

THESE SPACES RACKED UP THE LIKES ON INSTAGRAM AND STARTED SOME PRETTY MAJOR DESIGN TRENDS.

BY ERICA FINAMORE

It happens every once in a while: You're on Insta and you come across a space that stops you midscroll. You see it, you love it, and you can't double-tap fast enough. Others do the same, and the pic goes viral. Before you know it, it's flooding your feed. In the spirit of this issue's theme (game changers, remember?), we spoke with the designers behind some of social media's most paradigm-shifting rooms. The common thread: The bigger the risk, the bigger the payoff.

A BOLD MIX

Natalie Papier @hom_ec_op

THE POST

The paint color on these built-ins? Hyper Blue by Sherwin-Williams. Put a thrifted orange-red sofa in front of it and you have the polar opposite of the abundant beige that filled Natalie's Charlotte, North Carolina, home when she bought it. "A lot of commenters were like, 'That's too much color! I couldn't live in that room,'" says Natalie, who runs her own design firm, Home Ec. But the likes and reposts vastly outweighed the naysayers, and a trend was born.

WHY THE ROOM WORKS

Natalie's secret for combining bold colors? Mixing in a bit of black and white. While still bold in their own ways, the rug and wallpaper help the bright focal points shine.

COURTESY OF NATALIE PAPIER

K&M
EXIT
TELEPHONE
PEPSI

GRAPHIC WALL MURALS

Racheal Jackson @banyanbridges

THE POST

When Racheal posted this photo of her Vancouver, Washington, dining room (below), people were rightfully blown away by her fresh idea, surprising color choices, and impressive painting skills. "The trend at the time was plain white walls," she says. "So I think that seeing the punchy, bold colors was exciting, and the murals' simple shapes made them seem doable."

WHY THE ROOM WORKS

Racheal paints funktastic murals like these for clients all over the country. She starts by playing around with paint chips at the store, pulling samples until the mix of hues looks good. She usually gravitates toward warm tones, and right now she's super into fuchsia because "it feels juicy and meaty." Her color combos and ultra-precise patterns create walls that feel exhilarating, like art installations.

AN EMERALD SHOWER

Kelly Mindell @studiodiy

THE POST

Not sure what to do in the primary bathroom in her Los Angeles home, Kelly consulted her Pinterest boards and screenshots and realized she was drawn to green tile. She sought out glazed, textured Moroccan emerald shower tiles (serious eye candy), then chose contrasting geometric pink and rust tiles for the floor. When she posted the finished room, it got 20,000 likes and loads of saves. "I think the green is what sold it," she says.

WHY THE ROOM WORKS

Kelly kept up her color scheme with pink sinks, and she added texture by sliding green-and-gold-tasseled baskets onto the shelves. Then she laid down a vintage rug that echoes the rust color in the floor tiles. The result is a bright, happy space filled with eclectic charm: "The rooms that make the biggest statement are the ones that don't stick to one specific style," she says. The reno wasn't a quick one, and Kelly says that was a good thing. "There's a lot to be said for taking your time and getting in touch with what you love before buying."

WALLPAPER ON THE CEILING

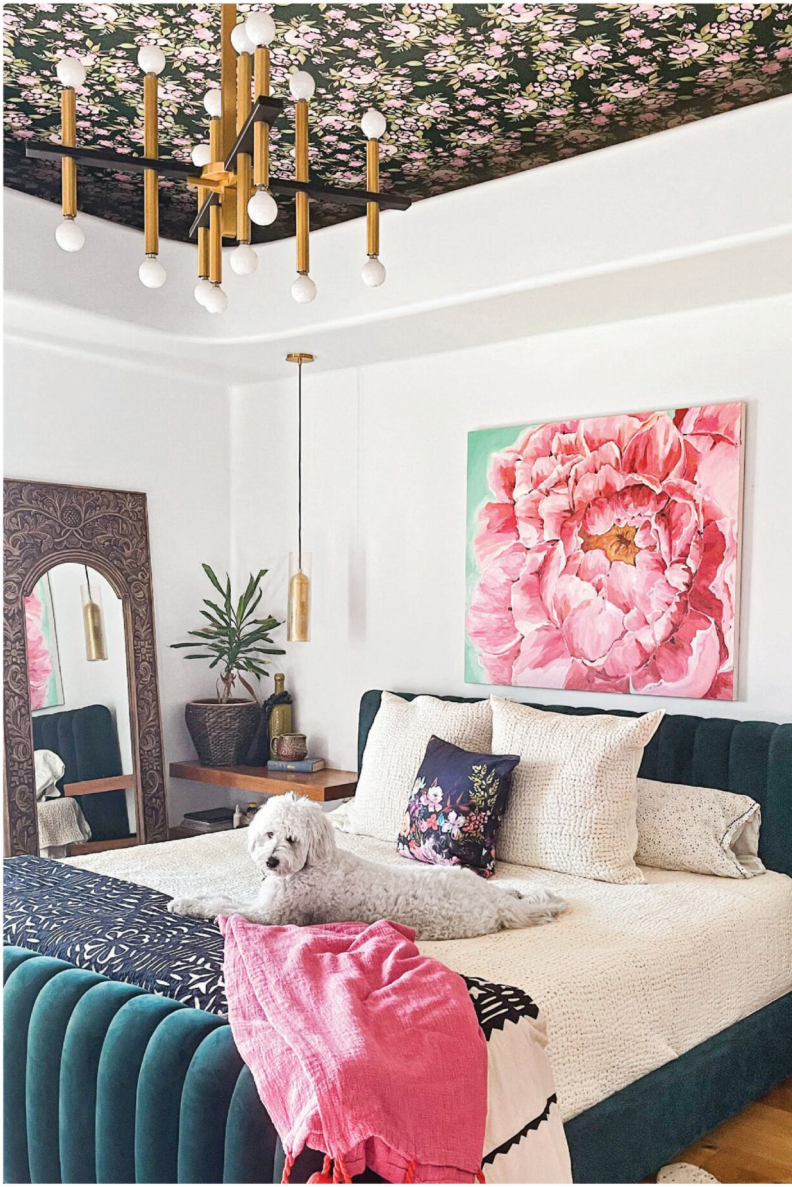
Bari Ackerman @barij

THE POST

If you're searching for the wow factor in this room, look up! The ceiling, a.k.a. "the fifth wall," in Bari's former Scottsdale, Arizona, bedroom was architecturally interesting, so she decided to make it stand out even more by covering it in a floral wallpaper, which she designed (you can shop for it on her website, barijdesigns.com). It was certainly something different for Bari, but she has a good method for judging whether she might be onto something big: "If my husband says, 'Is it supposed to look like that?,' then I know I have a hit," she jokes.

WHY THE ROOM WORKS

It's all about balance. Bari started with the wallpaper, which has dark tones, and then added the deep, jewel-toned velvet bed. The pink throw and floral art reference the blush petals in the paper. (And the pup brings in some extra fluff.) Bari also mixed traditional prints with streamlined, modern furniture, like the floating nightstands. She knows the room can be polarizing: "When people hate it, it means their eye isn't quite used to it yet."



OPPOSITE PAGE, FROM LEFT: COURTESY OF RACHEAL JACKSON; COURTESY OF STUDIO DIY. THIS PAGE: COURTESY OF BARI ACKERMAN

A BOHO BACKSPLASH

Justina Blakeney
@justinablakeney

THE POST

This Spanish-style stunner in Los Angeles is actually Justina's *second* kitchen to go viral. Both feature handcrafted Moroccan zellige tile, with each piece varying in texture, shape, and finish. "I love how all these slightly different shades come together to create this moment," says the designer and artist, who founded the brand Jungalow. The post instantly got hundreds of comments from people asking where she got that tile. Answer: Zia Tile, a company with a large selection of zellige in all sorts of sizes and colors.

WHY THE ROOM WORKS

Justina is known for mixing modern and rustic elements. The Scandinavian-style cabinets and crema marble counters make the room feel bright and fresh, while plants and the kilim runner warm it up. "I like to bring that contrast between shininess and earthiness to spaces," she explains. The entire kitchen is chef's kiss, but it's not quite finished. "That's a beautiful part of the journey—designs are always evolving," she says.

BATHROOM ART

Haneen Matt @haneens_haven

THE POST

There are things you expect to see in a bathroom, and there are things you don't. A portrait gallery definitely falls into the latter category, yet that didn't stop artist Haneen from adding one to her Canton, Michigan, powder room. She picked these paintings by Janet Hill because she thought the subjects looked like they were from another era but with a contemporary twist. Haneen likes to imagine that the people are swanky sophisticates heading to the apartments in the wallpaper bordering the ceiling. "I think it's important that every room tells a story and has a touch of history," she says.

WHY THE ROOM WORKS

Haneen didn't stop at one big idea. She combined the art with glossy dark turquoise walls, that cityscape wallpaper, and picture molding to make the room feel like a boutique hotel, with several stop-and-stare moments. Don't miss the painted crown molding along the ceiling!

OPPOSITE PAGE: COURTESY OF JUNGALOW. THIS PAGE: COURTESY OF HANEEN MATT

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what to cook

RECIPES FOR REAL LIFE

IN SEASON

MUSHROOMS

True story: You can't spell "fungi" without "fun." There are lots of varieties of mushrooms in grocery stores and thousands of edible species in nature. They're packed with B vitamins and antioxidants, and they bring on the flavor. So make room for shrooms!

SHOP Look for firm, dry mushrooms with stems intact.

STORE Keep in a paper bag in the fridge for up to a week.

PREP Wipe clean with a dry cloth. Rinse extra-dirty ones, but don't soak them or they'll get soggy.

COOK Sauté in butter and thyme and add to sandwiches and pasta, or replace half the beef in burgers or meatloaf for bonus veggies.

—Lizzy Briskin

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CARLA GONZALEZ-HART

Photograph by Fred Hardy

5 Easy Dinners

#1 / Orzo with Shrimp and Olives

ACTIVE TIME **30 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**

✓Quick Cooking

- 1 cup orzo
- ½ tsp. kosher salt, plus more for cooking orzo
- 1 cup sliced sweet mini peppers
- ¼ cup olive oil, plus more for drizzling
- ¼ cup sun-dried tomatoes in oil, drained and chopped
- 1 lb. peeled, deveined raw jumbo shrimp
- ½ cup pitted kalamata olives, chopped
- 1 Tbsp. chopped fresh oregano
- 2 tsp. lemon zest plus 3 Tbsp. fresh juice, divided
- 1 cup store-bought tzatziki

BRING a medium saucepan of salted water to a boil over high. Cook orzo until al dente, about 7 minutes. Drain; rinse under cold water for about 30 seconds to stop cooking. Transfer to a large bowl and stir in salt.

MEANWHILE, preheat broiler with oven rack 5 inches from heat. Place peppers, oil, and tomatoes in a large broiler-safe skillet over medium. Cook, stirring often, until mixture sizzles and tomatoes puff up slightly, 3 to 4 minutes. Stir in shrimp, olives, oregano, and 2 tablespoons lemon juice.

TRANSFER skillet to oven and broil, stirring halfway through, until shrimp are just opaque, 4 to 6 minutes. Stir orzo, lemon zest, and remaining 1 tablespoon lemon juice into shrimp mixture in skillet. Serve drizzled with oil and topped with tzatziki.

PER SERVING: 510 Calories, 26g Fat (5g Saturated), 153mg Cholesterol, 3g Fiber, 24g Protein, 44g Carbs, 951mg Sodium, 0g Added Sugar

Recipes by Liz Mervosh
Photographs by Fred Hardy

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CARLA GONZALEZ-HART

#2 / Salmon with Sautéed Cabbage and Bacon

ACTIVE TIME **25 MINUTES** TOTAL TIME **50 MINUTES** SERVES **4**

✓Gluten-Free

- 4 thick-cut bacon slices (6 oz.), preferably applewood-smoked, cut into ½-in. pieces
- 8 cups thinly sliced green cabbage (from 1 head)
- ½ cup unsalted chicken stock
- ⅓ cup apple cider vinegar
- 3 Tbsp. whole-grain mustard, divided
- 3 Tbsp. light brown sugar, divided
- ½ tsp. kosher salt, divided
- ¼ cup chopped fresh dill, plus more for garnish
- 4 6-oz. skin-on salmon fillets
- ½ cup sour cream

PREHEAT oven to 425°F with racks in top and lower third positions. Cook bacon in a Dutch oven over medium, stirring occasionally, until fat renders, about 10 minutes. Add cabbage; cook, stirring often, until starting to soften, about 4 minutes. Add stock, vinegar, 1 tablespoon mustard, 2 tablespoons sugar, and ¼ teaspoon salt.

COVER Dutch oven and bake on lower rack, stirring halfway through, until cabbage is crisp-tender, about 30 minutes. Remove from oven and stir in dill.

MEANWHILE, place salmon, skin side down, on a foil-lined baking sheet. Combine remaining 2 tablespoons mustard and 1 tablespoon sugar in a small bowl. Spoon mixture over salmon. Bake salmon on top rack until slightly opaque in center, 10 to 12 minutes. Remove from oven and sprinkle with remaining ¼ teaspoon salt.

SPREAD 2 tablespoons sour cream on each plate. Place cabbage and salmon on top. Garnish with dill.

PER SERVING: 560 Calories, 27g Fat (9g Saturated), 155mg Cholesterol, 4g Fiber, 56g Protein, 20g Carbs, 1,223mg Sodium, 10g Added Sugar

#3 / Pho-Inspired Vegetable Noodle Soup

ACTIVE TIME **30 MINUTES** TOTAL TIME **40 MINUTES** SERVES **4**

✓Vegan ✓Gluten-Free

- 1 small bunch fresh cilantro
- 1 1½-in. piece fresh ginger, peeled and thinly sliced (3 Tbsp.)
- 3 whole star anise (optional)
- 1 serrano chile, stemmed and thinly sliced, divided
- 5 cups vegetable broth
- 1 14-oz. pkg. firm tofu, drained
- 1 8.8-oz. pkg. vermicelli rice noodles
- 3 cups sliced shiitake mushrooms (6 oz.)
- ½ cup matchstick carrots (from 1 carrot)
- 2 Tbsp. lower-sodium soy sauce or tamari
- 1 Tbsp. fresh lime juice

REMOVE and reserve cilantro stems. Place ginger, star anise (if using), and half of chile slices in a large pot over medium. Cook, stirring, until fragrant, about 1 minute. Add broth and cilantro stems; bring to a boil over high. Reduce heat to medium-low and simmer, stirring occasionally, for 20 minutes. Using a strainer or slotted spoon, discard star anise, cilantro stems, and chile slices.

MEANWHILE, cut tofu into 12 squares. Place on a towel-lined plate. Drain for 15 minutes, patting to absorb moisture.

BRING a large pot of water to a boil. Cook rice noodles until al dente, 2 to 3 minutes. Drain; rinse well under cold water.

ADD mushrooms, carrots, and tofu to broth. Reduce heat to low; cover and cook, undisturbed, until tofu is heated through and vegetables are crisp-tender, about 5 minutes. Stir in soy sauce and lime juice.

DIVIDE noodles among bowls and ladle on soup. Top with remaining chile slices and cilantro leaves.

PER SERVING: 381 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 4g Fiber, 16g Protein, 64g Carbs, 1,129mg Sodium, 0g Added Sugar

#4 / Coconut Chicken Cutlets with Mango Chutney Slaw

ACTIVE TIME **30 MINUTES** TOTAL TIME **30 MINUTES**
SERVES **4**

✓ Quick Cooking ✓ Family Friendly

- ⅓ cup mango chutney
- 3 Tbsp. fresh lime juice, plus lime wedges for serving
- 2 tsp. sambal oelek (optional)
- ½ cup mayonnaise, divided
- 1¼ tsp. kosher salt, divided
- 1 16-oz. pkg. shredded coleslaw mix
- 1 cup chopped fresh cilantro
- 4 4-oz. chicken breast cutlets
- 1 cup panko
- ¾ cup unsweetened shredded coconut (such as Bob's Red Mill)
- 4½ Tbsp. coconut oil or canola oil, divided

WHISK chutney, lime juice, sambal oelek (if using), ¼ cup mayonnaise, and ¼ teaspoon salt in a large bowl. Add coleslaw mix and cilantro; toss until well coated. Cover and refrigerate until ready to serve.

SPRINKLE chicken all over with ¾ teaspoon salt and coat with remaining ¼ cup mayonnaise. Stir together panko and coconut in a large, shallow dish. Coat cutlets in panko mixture, pressing to adhere.

HEAT 3 tablespoons oil in a large skillet over medium-high until shimmering. Place 2 cutlets in skillet; cook until golden brown and cooked through, about 3 minutes per side. Transfer to a paper-towel-lined plate. Repeat with remaining 1½ tablespoons oil and 2 cutlets. Sprinkle cutlets with remaining ¼ teaspoon salt. Serve with slaw and lime wedges.

PER SERVING: 704 Calories, 48g Fat (12g Saturated), 94mg Cholesterol, 5g Fiber, 30g Protein, 38g Carbs, 1,124mg Sodium, 11g Added Sugar

#5 / Muffuletta-Style Grilled Cheese Sandwiches

ACTIVE TIME **30 MINUTES** TOTAL TIME **30 MINUTES** SERVES **4**

✓Quick Cooking ✓Family Friendly

- 1 Tbsp. honey Dijon mustard
- 2 tsp. lemon zest plus 2 Tbsp. fresh juice, divided
- ¼ tsp. kosher salt
- 3 Tbsp. olive oil
- ½ cup drained Italian olive salad
- 2 Tbsp. unsalted butter, at room temperature
- 8 slices Italian bread
- 8 slices provolone cheese
- 8 slices hot capicola or deli ham (6 oz.)
- 6 cups chopped romaine lettuce

WHISK mustard, lemon zest, salt, and 1 tablespoon lemon juice in a large bowl; gradually whisk in oil until combined.

STIR together olive salad and remaining 1 tablespoon lemon juice in a small bowl. Spread butter on 1 side of each bread slice. Place slices, buttered side down, on a work surface. Top each of 4 bread slices with 2 provolone slices, 2 hot capicola slices, and olive salad mixture. Top with remaining 4 bread slices, buttered side up.

PLACE 2 sandwiches in a large nonstick skillet. Cook over medium until cheese has melted and bread is golden brown, 3 to 4 minutes per side. Repeat with remaining 2 sandwiches.

TOSS lettuce with dressing until coated. Serve with sandwiches.

PER SERVING: 556 Calories, 37g Fat (14g Saturated), 60mg Cholesterol, 3g Fiber, 22g Protein, 35g Carbs, 1,445mg Sodium, 0g Added Sugar

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BETTER FOR YOU

THE MEATIEST VEGGIE BURGERS

These black-bean-and-mushroom patties are so savory, no one will miss the beef.

BY LIZZY BRISKIN

ACTIVE TIME **25 MINUTES**
TOTAL TIME **25 MINUTES**
SERVES **6**

- 3 Tbsp. olive oil, divided
- 1 lb. mushrooms (such as portobello, cremini, shiitake, or a mix), trimmed and sliced
- ¾ tsp. kosher salt, divided
- 1 Tbsp. soy sauce
- 2 Tbsp. tomato paste
- 2 cloves garlic, minced
- 1 15-oz. can black beans, drained and rinsed
- 2 large eggs
- ½ cup panko
- ½ cup finely grated Parmesan cheese
- ⅓ cup mayonnaise
- 2 tsp. sriracha
- 6 burger buns, toasted
- Butter lettuce, sliced tomatoes, and pickles, for topping (optional)

HEAT 1 tablespoon oil in a large skillet over medium. Add mushrooms; cook, stirring occasionally, until lightly browned and liquid is released, about 10 minutes. Add ½ teaspoon salt, soy sauce, tomato paste, and garlic; cook, stirring, until tomato paste darkens, 1 to 2 minutes.

MEANWHILE, place beans in a bowl and mash with a fork or potato masher until mostly smooth. Add eggs, panko, cheese, mushrooms, and remaining ¼ teaspoon salt. Stir to combine.

WIPE skillet clean and heat 1 tablespoon oil over medium. Shape bean mixture into 6 patties, about 3½ inches wide. When oil is hot, place 3 patties in skillet; cook until well browned, 3 to 4 minutes per side. Repeat with remaining 1 tablespoon oil and 3 patties.

COMBINE mayonnaise and sriracha in a small bowl. Serve burgers on toasted buns with sriracha mayo and desired toppings.

FOOD STYLING BY ALI RAMEE; PROP STYLING BY CHRISTINE KEELY

Photograph by Antonis Achilleos

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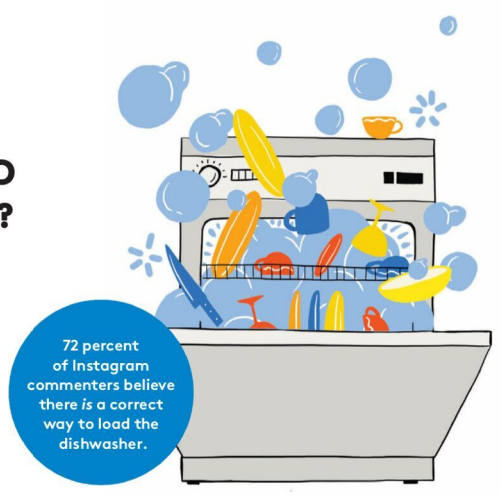
REAL SIMPLE SETTLES IT

IS THERE A RIGHT WAY TO LOAD THE DISHWASHER?

Everyone's got an opinion! We collected yours, then called on the experts to settle the debate once and for all.

BY LESLIE CORONA



72 percent of Instagram commenters believe there *is* a correct way to load the dishwasher.

Readers say...

Uh, Yeah!

"Dishes need to be lined up facing the same direction, utensils go in with the handles down, and nothing can be crammed in."
@LISASTONEREALTOR

"If all the cutlery is facing the same direction and the plates are in descending order of size, it cuts down on unloading time."
@TIFF.BY.DESIGN

"I've had 'dishwasher loading optimization' on my LinkedIn profile for about 10 years."
CHRIS, ONTARIO, CANADA

Meh, Doesn't Matter

"When I don't have to load it and, more importantly, unload it, it's the right way, whatever way that is."
@LANAS_COACHING

"Putting dishes in the dishwasher is the right way. Leaving them in the sink is the wrong way. After that, it's all artistic expression."
MARIN, NEW JERSEY

"There is no right way. But there are many, many wrong ways to do it."
MARA, DUNSTABLE, MASSACHUSETTS

The experts say...

We're not trying to start a household war, but yes, there is a right way. And it has to do with the appliance's design. A dishwasher doesn't fill up with water like a bathtub; instead, it works like a shower. Most machines now have at least two spray arms (under the upper rack and on the very bottom) that hose everything off, says Marty Olsen, quality engineering lab manager at LG Electronics USA. Block the jets and you'll unload still-grimy tableware.

So how to arrange all your stuff? Olsen suggests checking the owner's manual, which has specific loading guidelines. If you haven't seen your manual since the Clinton administration, the manufacturer's website should have a PDF. Failing that, follow these general rules:

First, with newer models, skip the prerinse! Just scrape your dishes—most detergents need some lingering food streaks to do their job, says Morgan Eberhard, a senior scientist with Cascade. (If your dishes are still dirty, try another setting or detergent.) Next: Plates go on the bottom rack facing the center. Cups, mugs, dishwasher-safe wineglasses, small containers, and bowls go facedown on the top rack. In the cutlery basket, washable knives should point downward for safety; forks and spoons should point upward so the dirtiest parts get optimal cleaning. "And mix the utensils so they don't nest together," Eberhard adds.

Before you start the cycle, give the racks a gentle shake. You want to hear some jingling, but nothing should bang around. And finally, share these instructions with all your cohabitants! ■

Illustration by Joel Holland

Roast Veggies. Not the Planet.

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